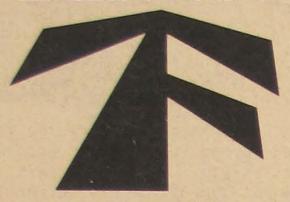


## Forward Thrust?



## a good look.



WALTER C. CROWLEY

A group has been organized and is now functioning which opposes Forward Thrust. Now, in the light of my own vituperations over Forward Thrust in our previous issue, you'd think I would be pleased at this development. Alas, no, this particular group seeks to abort Forward Thrust because it is-SOCIALISTIC!!???

In a way, I pity those prosaic little people in their sombre charcoal suits, chevron striped ties or pert high collared blouses and hair curlers, who, in their ascetic fanaticism with "economic purity", never realize that they are committing a crime against posterity tantamount to genocide. I criticized Forward Thrust because it is not enough; they, because it is too much. But pity does not palliate. Their progeny and ours too, will pay dearly for their parents! philistinism. Do the proposed capital improvements composing the Forward Thrust package border on socialism-creeping, leaping, or sleeping depending on the brand you prefer? A quick review

should provide the answer:

The backbone of Forward Thrust is Metro Proposition #1-rapid transit. Thrusts propaganda drags in the smoggy spectre of Los Angeles, with Marlowe's ghost draped in chains of concrete and clanking fenders. No bit of undigested cheese, this spook, and its warning is clear. But Forward Thrust's proposed 47 miles of high speed urban railway, paralleled and augmented by expanded local and express bus service is wholly inadequate and was obsolete before it was thought up. This system must have been conceived by a trolley car with delusions of grandeur. Either that or it was found in a waste paper basket in the offices of San Francisco BART-or perhaps the New Haven.

The train is too timid, too mundane. Rail technology has stagnated and to instal a rail system means tearing it up a few years later. Seattle could implement an air-bearing or hovercraft system that would advance the state of the art of rapid transit and remain flexible and adaptable to new technology. Anyway, which would you prefer some clattering vernicular monster with Auschewitz overtones that should haunt subway tunnels, or a gleaming machine speeding along a film of air, like a tethered missile? I freely admit my bias.

Furthermore the train route proposed is far too limited, providing no service to many major suburban and industrial areas. But the train is only frosting and doesn't really count. The crux of this system is the Green Dragon, Rancid Transit's finest. But super buses and super schedules won't turn the trick. I don't care how crowded the freeway gets, people won't trade their shining new Impala SS for a one zone transfer.

The disease has been called "autosclerosis" and to cure it you've got to keep the car out of the city. Freeways must be cleared of commuter traffic and opened for inter-urban flow and city arterials must remain unclogged for commercial traffic. To do this an alternative not substitute transit concept must be evolved, one which not only by-passes but surpasses the use of private vehicles. Forward Thrust failed

to do this.

Among the other propositions (an appropriate name) are plans for new parks and multi-purpose community centers. You'd think the proposals would be coordinated but they aren't. Of course (I'm as sick of this as you are of hearing it), there aren't enough of either centers or parks. In fact there's not one damn park in the whole of the Central District. The remaining Forward Thrust projects skirt or totally ignore blight, pollution, corrective institutions, ad infinitum, ad nauseum. Oh, I almost forgot one crucial proposal, the one thing that shall save us from cultural stagnation and raise Seattle's status to a new glory among its crumbling contemporaries-the domed stadium, a lasting memorial to man's insurmountable stupidity. While the city burns, Dorm can play baseball.

Well, if I thought Forward Thrust were socialistic I'd

be terrified of "socialism" too.

But, it isn't. Those poor red baiting boobs don't realize that monstrosities like Forward Thrust aren't spawned by the monolithic communist conspiracy but by the Boeings and city councils of this country. Massive governmental reorganization, culminating a total re-evaluation of the complex relationships between all strata of the government, of the economy and of urban society-that is what is needed. Even Forward Thrusts founders candidly admit this, but to the Establishment, change means death.

Things like Forward Thrust, or the Great Society, or the New Deal, seek to preserve the status quo, but that society like a corpse pickled in formaldehyde, while it does not exactly rot, turns an ugly color and falls apart anyway.



Do not boast, you judges, of irons not clamped on necks, or of the spared rack and thumbscrew. No heart if lifted, none--since the purposed

of mercy is more gently twisting you.

What it's had from time the scaffold gives back again. as children the tous from birthdays of last year. Into the lofty, gate-like heart, the pure and open heart, how different he'd enter then,

the God of true mercy. Violently come and grip with radiance round him, like the gods, his kin. More than a wind for the confident great ships.

Not less than the gentle secret perception that overcomes us silently within, like a quietly playing child of an infinite conception.

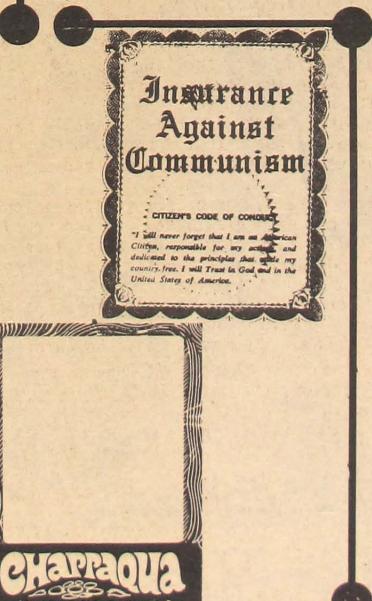
Rilke, Sonnets to Orpheus II,9

## STATISTICS

There are six men in Washington scheduled to die. One White, one red and six Black. This "counting the dead" -- that is, statistic -- is not surprising. The Black man has served up well over fifty percent of the living heads our nation has required to surfiet its blood institution. For the "charge" of rape--a more frequent fantasy in the sourt--the percentage of Black executions is over eighty-five percent. Washington state has in all its history executed seventy-three men. There have been years when that many have been executed in a single state.) Here there have been no deaths by reason of official decree since June 20th 1963, the last year of Rosselini's sitting. It is now not so widely rumored that Gov. Evans is against capital punishment. This is rumor and a pregnant one, for it may in the near future be necessary that Gov. Evans exhibit the moral courage that will stay the execution of the six.

Of the one White man, Ralph Adams, we know nothing. John Hawkins, part Indian, recently had his netition for appeal denied by the U.S. Supreme Court. Now the ACLU, which is representing Hawkins, will have to search out some new avenue of appeal, perhaps through the Governor. Two Blacks--Wheat and Aiken--are scheduled for execution on the 20th of this month. Local attorney Phil Burton will sometime this week file an appeal with the U.S. Supreme Court. The last two of the six--both Black--will have their appeal argued on March 27th before the state supreme court by local attorney Don Horowitz. An important part of Horowitz's defense for Leodis Smith and David Riggens will be a comprehensive attack on Capital punishment on constitutional grounds.

All of these attempts at rescue are desperate ones. Should they fail the Governor can not be expected to ston the executions.) Gov. Brown of California was "against" capital punishment and Carl Chessman was still gassed.) Our civilization still fosters, studies and with detached fasination positively delights in its institutional horrors. The greatest corpus of our literature--history--is that of random and strategized killings. It is a rare thing in our history or in our experience that the deepest mercy or the full escape from brutality are exhibited. They are found more often in the noet's infinite conception: the escape artist.



"Oh help me in my weakness" I heard the drifter say as they carried him from the courtroom and were taking him away "My trip has been a pleasant one and my time it isn't long and I still do not know what it was that I done wrong" Well the judge he cast his robe aside a tear came to his eye "You fail to understand," he said, "Why must you even try?" Outside the crowd was stirring You could hear it from the door Inside the judge was stepping down while the jury cried for more "Oh stop that cursed jury" cried the attendant and the nurse "The trial was bad enough, but this is ten times worse." Just then a bolt of lightning struck the courtroom out of shape and while everybody knelt to pray the drifter did escape.



ler careless talk costs lives

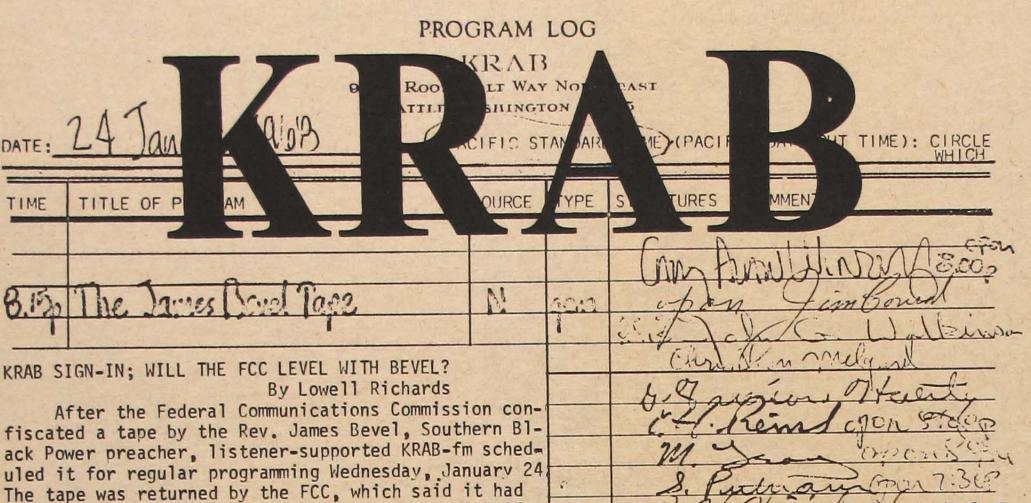
Outside in the distance a wild cat did growl Two riders were approaching the wind began to howl.

Dylan

# AGE

As the weather greys here in the land of the watering sky blues and the spring seems undeserved and Xmas spirit gives way to February fog and fright the avenue has been the scene of petty gansterism and amphetimine hoodlumism. Several Sundays ago two local street vendors were rudely hustled into the alley behind the ID bookstore at nunpoint and relieved of \$700 and whatever merchandise they were carrying. The very next evening a similar incident was occuring in the allev behind the florists between the Ave and Brooklyn. This time four snades were holding up three whites at gun





fiscated a tape by the Rev. James Bevel, Southern B1ack Power preacher, listener-supported KRAB-fm scheduled it for regular programming Wednesday, January 24 The tape was returned by the FCC, which said it had been picked up to be copied, with a warning that if it were aired again, something might happen. The FCC didn't say whether it violated its rules against obscenity or blasphemy, or both, or some other rule.

So 27 of the KRAB staff and volunteers, mostly the latter, who held FCC broadcast licenses to operate the transmitter, all came up the the shack-studio at 91st and Roosevelt in Seattle Wednesday night. They signed the program and operating log(you see it here) and the Rev. Bevel's tape was played over the air as acheduled, and as announced in the Seattle Times.

The "sign-in" was a joyous, beer-celebrating party in the little studio with its multi-colored carpet sample rug. At last, the KRAB family and all its cousins felt something solid. They no longer seemed to be broadcasting into an enormous pillow.

For Lorenzo Milam, founder 5 years ago and station manager, the event was ironic in the KRAB tradition. He had submitted his resignation three days before to the Directors of the owning corporation, the Jack Straw Memorial Foundation (who's Jack Straw? see Chaucer). Kindly, lovable Lorenzo (as we have called him before in these pages) decided to drop out after 5 years of apathy and intermittent boredom. His P-I column had been dropped. Nobody would ever sue him. No raging controversies. Just polite acknowledgment of a minor community service; or total indifference. So three days later, the grand gesture. The same week, the P-I told him to come back, all is forgiven; now that he is leaving and KRAB listenership suddenly began rising. But, as Lorenzo said, "Wednesday night was a really happy

time. " After Bevel was played, I did my Wednesday jazz and rock show, ending five years of "Jazz Now: and beginning "Ear to the Ground." Three parties were in joyful progress around me. Why can't KRAB get into trouble more?

The Rev. Bevel tape must have been particularly shocking to our straight protectors. He comes on like the Southern Black preacher that he is, complete with rural rhetoric. The next thing you know, he has had you by asking what difference it would make whether you were ruled by Ho or Mao. There are a few words here and there that formerly were used largely in Sunday schools and pool rooms but now have entered the general language and someone at the FCC Seattle

office didn't like this at all. Since the FCC requires all of us who were issued broadcast station operating licenses to guard against obscentiy and blasphemy, their employer one Saturday morning heard that some forbidden words were being heard on KRAB. Pamela Plumb was playing the Bevel tape on her Saturday morning show, as it was good, and it was scheduled later for a regular evening program. The man came out and took it away, said they were going to copy it for their records, and would return it; but that it really shouldn't be played. It was returned and it was not played as scheduled.

To their credit, the Jack Straw Board decided to play it anyway, so it was scheduled in the program guide for January 24 and the newspapers were informed. So were all the control room col-

unteers, and now FCC has 27 people to act against instead of one or two.

Lorenzo says that if they take any action, they have 30 to 60 days to send a letter "asking for more information" and KRAB would have 30 days after that to reply. If the FCC then decides to press some kind of a case, they can do one of two things: (1) begin proceedings toward revocation of the license, or (2) file the case for later action when the regular license renewal comes up for review.

Right after the broadcast, a member of the Seattle ACLU called up and said they were holding a

meeting, and would offer support if there were need for legal aid.

The central issue is, of course, free speech for Rev. Bevel, for KRAB, and for anyone else. It can be argued with some logic that a government may have the right to regulate radio channels and frequencies as there is a limited number of them; but to regulate what is said or played over these channels is the clearest possible, most flagrant violation of the First Amendment to the Constittion. The prohibition against abridging the right of free speech is not qualified in any way whatever.

and knife point. Word of the incident spread to the Id Bookstore and Jerry Klein, browsing therein. Klein, without thought of his personal safety, thereupon did proceed to the scene of the crime, walked right up to them, and convinced the robbers they should disarm and disperse. Jerry Klein, A True Hero for our

ZUN

MPLUN

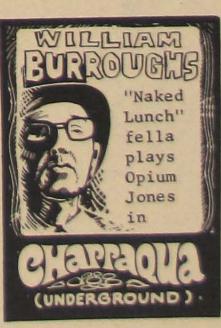
PARKE

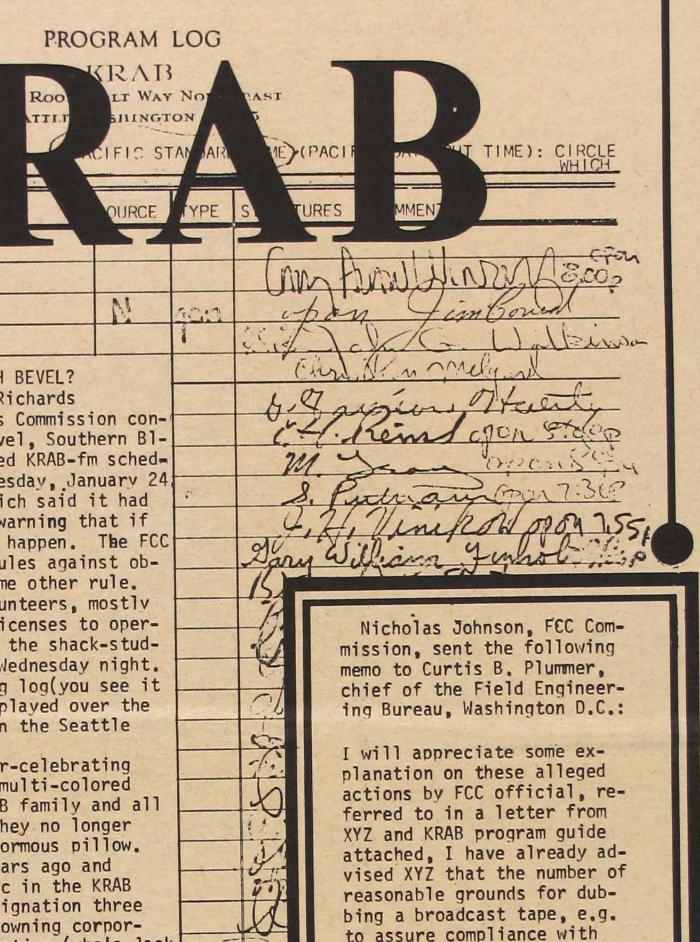
Later in the week several Megroes took personal affront from a poster in the Id Bookstroe window reading: "Uncle Tom says ... only YOU can prevent Ghetto fires." They proceeded to enter the bookstore and forcefully and with some hostility tear the poster from the window.

Then, last Mondav a person described (with some certainty of his recognition by all) as a short, extremely longhaired, quasi-oriental male with a peace symbol strung on leather around his neck was reportedly "freaking out" (i.e. slightly drunk, on acid, coming down on speed, and withdrawing from smack) in the Churn. Receiving little or no sympathy from the Raspherry Ice clique, he buzzed up to the Deli, freaked the frozen freezing street neople (who reportedly raised their voices above a Tijuana whisper to mumble Cool it and Go crash), Interpreting these mumbles as threats and signs of hostility, our antihero pulled from beneath his peacoat ...a knife...and brandished it wildly in the air. The crowds cowered against the Deli window and resorted to the Ultimate ... Calling the Cops. Someone must have. Not long thereafter our now peaceful knifewaver was standing near Aggies when three patrol cars converged upon him from different directions. Two officers with pistols drawn guarded the crosswalk, cutting our crashing hero off from the chance of aid from his brothers-in-Love near the Coffee Coral, two other officers blocked the sidewalk leading up the Ave toward the North. The last two, one with the patrol car sawed-off shotgun held menacingly in the firing position, advanced upon the now quivering hero, put his hands on the brick wall, frisked him, handcuffed him, put him in the car, and drove him with apparent haste in the direction of the Wallingford station.

And thus, good citizens, before embarking upon a journey past 42nd and University, think upon the good poets words: Do not go gentle Into that good night Wild men who caught And saved the sun in flight And learned too late They grieved it on its way Do not go gentle Into that good night Brave men near death Who see with blinding sight Blind eyes could blaze Like meteors and be gay RAGE RAGE against the dving Of the light... Dylan Thomas







the Commission's personal at-

tack rules. However, I would

port about these understand-

Nicholas Johnson

ably sensitive issues.

Signed

like to give her a full re-



## SOOPER-SECRET FEDS

WASHINGTON, Jan. 19 (LNS) The new unit of the Justice Department, established to deal with violations of the Selective Service laws is apparently to be a super-secret entity. The Justice Dept. has refused to release any information on the plans of the unit or the names of personnel assigned to it. Officials also refuse to specify the number of employees under the unit, or even to state whether it is "tiny" or "massive."

The special prosecution unit is headed by John Van de Kamp, former U.S. Attorney for the Central District of Cal. and currently Deputy Director of the Executive Office for U.S. Attorneys. The Justice Dept. has turned down all requests from the press for interviews with Mr. Van de Kamp.

The Attorney General's year-end report stated that "intensive investigative and legal work done in 1967 was to lead to prosecutions in 1968 for aiding and abetting violations of Selective Service law--the first such prosecutions in a decade.

In 1967, the Justice Dept. initiated 1,648 prosecutions under the Universal Military Training Act. This represents an increase of 62 per cent over 1966, and 226 per cent over 1965. 952 convictions were obtained, a figure up 78 per cent from 1966 and 250 per cent from 1965. The average sentence meted out to those convicted under the draft law increased from 25.4 months in 1966 to 32.1 months in the past year.

Recent statements by Attorney General Ramsey Clark indicate that the Justice Dept. is gearing up for a crack-down on insurgent elements of the American population. Six weeks ago, in an announcement of the formation of the draft law prosecution unit, Clark said, "All U.S. Attorneys have been instructed to expedite investigation and prosecutorial recommendations on these cases. They have also been directed to cooperate with local law enforcement officials and to urge them to vigorously prosecute violations of local laws which may occur in demonstrations against the Selective Service System."

Clark's annual report to the President also deals with new Justice Dept. measures to track down "extremists" in urban rebellions, civil disobedience and demonstrations will be fed into the intelligence unit's computers. That unit is being reinforced and cyberneticized to meet Justice Dept.'s most difficult criminal intelligence problem.

\*\*\*\*\*\*\*\*\*\*

### APOLOGIZE!

God is dead on Thomas Circle

WASHINGTON, D.C., Jan. 21 (LIBERATION News Service) --Nine anti-war demonstrators, disguised as worshippers, were physically removed from Lyndon Johnson's church this morning after they leafletted congregation and choir in reaction to Rev. George Davis' characterization of Eartha Kitt as "ill-mannered, stupid and arrogant."

The cadre, placed in various pews around National City Christian Church, rose during Rev. Davis' sermon, 'Making God Real in Your Life." Eight of the nine were forced out by ushers after they distributed about 500 leaflets and the ninth, Michael Lucas, was removed by five men as the congregation broke into applause--even further disrupting Rev. Davis' attempts at Christian reality.

Dr. Davis had "apologized" to Mrs. Lady Bird Johnson, who was confronted by Miss Kitt's anti-war sentiments last Thursday at the White House, for all Americans "including Negroes who are ill-mannered, stupid and arrogant." The demonstrators apologized "for all Americans, including Christian ministers, who are murderers, war-criminals and

racists." "Miss Kitt was guilty only of violating an intrinsically meaningless protocol. Mr. Johnson leads a long and distinguished list of men who are guilty of genocide...all Americans who know the facts of our involvement and yet continue to support this war are guilty of genocide. Men...who publicly provide encouragement to this war, to that traditional American racism which expects blacks to measure their conduct and their protocol by white standards, and to this president, are complicit in the destruction of Vietnam and America," their leaflet read. The leaflet was prepared by Raymond Mungo of Liberation News Service, which faces the church on Thomas Circle.

The church decided not to press charges. Johnson wasn't

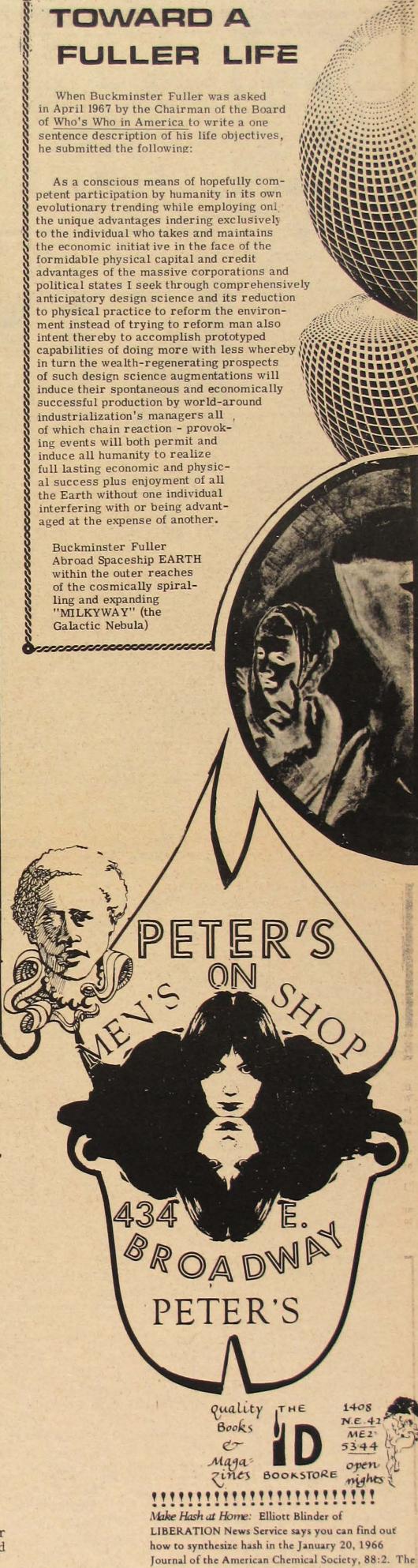
there.



Selling the AVATAR is a felony under the Massachusettes obscenity laws. At last word 24 people have been arrested by the overzealous Boston police. The police intend to continue arresting until the courts have made a decision. A Cambridge judge has refused to render a verdict and the case has been turned over to the Grand Jury. The AVATAR is the most mature, spiritually unified, aesthetically coherent of the present proliferation of underground newspapers. The harassment they are enduring may establish them as the most courageous as well. A full length article on a visit with the AVATAR family will appear in the next issue of HELIX.



Secretary of State Dean Rusk spoke at the Fairmont Hotel in San Francisco on Jan. 18. 600 people gathered outside the hotel to express their opinions and demonstrate their opposition to the Administration war policies. The crowd was described as "orderly but disorganized." Someone threw a plastic bag of lamb's blood which burst near the police lines drawn up in front of the hotel. A sergeant ordered the people to disperse "... In the name of the people of California..." The crowd yelled back, "WE ARE THE PEOPLE." The police, wearing the newest in anti-riot gear (plastic wrap around face masks, utility belts with holsters for cannisters of MACE) formed a phalanx of interlocked 2-1/2 foot oak clubs and began to clear the area. When the crowd did not disperse the front line of police began indiscriminately hacking at the heads of those in their way. The crowd panicked, some tried to defend themselves and were beset by pairs of club-swinging cops, others ran down California Street pursued by bands of police. One fleeing man was run down by a motorcycle cop. One cop stumbled against a car; thinking he was being assaulted, he fired his gun at a man running by. Officers worked in pairs, one holding a protester in a strange hold with his club while the other sprayed MACE in the protester's eyes. This is the first report of the police using unprovoked violence and active pursuit of antiwar demonstrators. It was reported by the BARB that Mayor Alioto of San Francisco had instructed the police earlier that day to use violence. 60 persons were arrested and many were hospitalized. Inside the hotel Dean Rusk was saying "This country is committed to free speech and free assembly. We would lose a great deal if these were compromised.



title is, I would imagine, "Synthesizing the

Tetrahydrocannabinol Isomer".

# LETTE ROOM

IN THE INTEREST OF GREATER EADER PARTICIPATION AND DIRECTION WE DO HERE Y INAUGURATE A LETTERS COLUMN. PIEASE REACT AND WRITE c/o"Letter to the Editor, Helix....3128 Harvard East.... Seattle, Wash. 98102."

Dear Helix:



START HERE...living on the high side requires righteous eating...zaps you unless you scarf right. Smoking pot for twenty years and couldn't stay high all day unless I speeded and you know what that does to you--Now I just EAT right, a thing called Rodgers Diet. It goes like this: (see over)

Morning...Whole fresh grapefruit sans sugar Later...Apple or any fruit except bananas,

oranges or strawberries Lunch...Rodgers Salad--Celery, carrot, cabbage beet, onion, parsley. Dress with lemon juice (fresh) and safflower or olive oil. Two muffins or health-store bread and a rare baked tomato (so you can drink the juice out of the top) Complete lunch

Later...A mouthful of cheese Supper... Seafood, chicken, liver are the best meats from the standpoint of nutrition and easy digestion. Avoid beef and pork, also milk, spinach, potatoes, macaroni, peanut-butter and the rest of the gluk that turns you into a grouch.

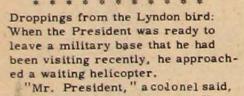
The salad baked at 275 degrees in chicken stock with whipped eggs and cheese added makes a casserole that is simple and tasty as girls. Liver as well as vegetables to be baked should be marinated in 1emon juice instead of water. Chicken should have an entire lemon squeezed on it before baking at 350. Later add teriyaki sauce. Nuts are okay but never cookies, cake, candy or the canned and boxed bullshit that passes for food. Health food stores have edible pastries that won't destroy you. The best dessert is a joint. d. Phipps



The American Friends Service Committee announced that they are expanding their services of draft information and counselling for conscientious objectors to war and to Selective Service conscription. In Seattle their offices are located at 814 N.E. 40th, phone ME 2-0502. The expansion comes in response to the increase in draft quotas and the substantial increase in the number of draft age men inquiring about conscientious objection. In four years the number of men doing alternate civilian service to their military obligation approximately doubled.

The AFSC is the single largest organization in the United States dealing with draft counselling and has regional offices throughout the country involved in this activity. In addition to staff counsellors, a large number of volunteer counsellors have been trained. They include lawyers, clergymen, social workers, faculty members, businessmen and others. AFSC has been involved in war-related relief or service for 47 years.

\*\*\*\*\*\*



SUB-

"This is not your helicopter. Your helicopter is over there. 'Son," the President replied,

"They're all my helicopters." You think maybe if we made him angry enough he'd pick up all his toys and go home?





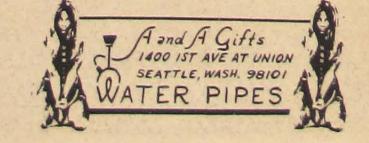
IMPULSE - BOX 466 TIBURON - CALIF. 94920

### Mike Leavy, member of Draft Resistance

VAGRANTS

Seattle, will be tried in Everett this Friday on charges of vagrancy: "willfully and unlawfully loitering on the campus of Everett Junior College without any lawful purpose." (Leavy will be defended by Mike Rosen of the ACLU) Leavy and Pat Ruckert, also with DRS, were illegally and purposelessly handing out leaflets in front of the Student Activities Union on the JC campus. Several students took it upon themselves to question the pair as to who had given them permission to leaflet the campus. The obvious answer "The Constitution" was met with perplexity and hostility. The students then informed the school administration. At this point Leavy decided to take whatever rap was coming. Ruckert stood by as a witness. Sure enough. The Admin came with campus police not far behind. Asked to leave the campus Leavy refused, was arrested and taken to jail.

\*\*\*\*\*



## THE GREAT



To Seattle's White citizenry, and perhaps to some of it's Black, Black Power seems a remote concept evolved in the minds of eastern or southern Black leaders having little to do with Seattle and the sensibilities and motivations of its Blacks.

This is, fortunately, a mistake. Seattle is now grooming in its midst a growing number of mostly young negroes who take the matter of Black Power seriously.

So we include here a brief explication of that Power written by one of these young men. Gary Owans:

In contemporary America, Negroes are defined by two forces, their blackness and their powerlessness. The white community has controlled and defined the forms that all institutions within the society would take. The Negro community has suffered exclusion from power decisions, this in turn has developed a tradition of being dependent upon the white community. Negroe's have not been oppressed by accident, however, careful examination will' reveal a white power structure (Great White Heap) that acts upon purely racist assumptions.

The innate belief that Negroes need whites to perpetuate themselves needless to say is quickly becoming a myth. People hear Black Power and they think of riots and violence. To blame Black Power for those overt acts is in itself a crime. The White man exploited the Black man to the point that he must reveal his emotions against something. Hopelessness follows oppression very closely. Black Americans through their own initiative want to eliminate first the hopelessness, then the oppression, Black Power is their only hope of establishing a spirit of individual and community pride.

To define Black Power would be somewhat presumptious of any one individual. However certain facets of the philosophy can be divulged:

(A) Four demands are made upon black people (1) stop being ashamed of being black move into position to define what freedom is, what a white liberal is, what power is, and what Black Nationalism is

(3) move to build a power base around

the question of blackness (4) move to build independent political, social, economic, and cultural institutions that can be controlled and lived by blacks to promote social change

Black Power is both black and white realizing and recognizing the existing power potential for black Americans.

Black Power is an attempt to instill pride in black Americans-to expose the limits of white power when confronted with a united black group.

Black Power is a developing that will ultimately be defined in action by black Americans. Black Power is not an end but a means to

the transformation of American society-to advance social and democratic interests in America.

Black Power is a call, perhaps the last call to black middle class to come home.

This concise yet descriptive probe of Black Power was a conglomeration of ideas from many people. The most signifigant contributor was Stokely Carmichel. He is easily the most identifiable symbol of the Black Power movement. ("It's time for us to live what we believe.")

The most difficult equality to achieve is that of psychological equality. Every black American has been told many lies about themselves. They are told they are lazy, yet they still pick cotton in the hot sun for fourteen hours. They are told if they work hard-they'll succeed, but if this were true Black people would own the country. Black people are oppressed because they are Blacknot because they are ignorant, not because they are lazy, not because they are stupid (and they have rhythm!!) But because they are Black. To overcome the shame and negation of their blackness and inherent weaknesses will be the Black man's most difficult task.

Black people will succeed in all phases of their endeavors regardless of Whitev's acceptance of these goals. The exploitation will be silenced. However as Comus said the maximum hope is always closest to the maximum danger.

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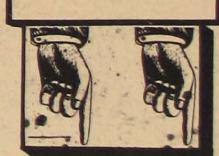
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DOPE JACK DEL

The whole world is on a colossal bummer. I've been on a bummer. I don't have to show you all the horror and hate of war, racism, and politics.

It's in the papers and on TV every single day. We've been seeing it all our lifes. And we are still doing it ... convinced its the best we can do.

We are all speeding away from center. We all have to slow down and take a serious look at what we are doing.

I'm not saying that this hasn't always been true, but right now, right this second, somebody can push a little button and destroy us all.

Now they aren't going to call you and ask you what you think before they push that button; they have no time for that. So you damn well better start telling people what you think today. And asking people what they think.

My whole life I've been brought up and taught our country was right. I've even spent three and a half years studying at the Air Force Academy about our system and the fact that it's right. On the other side of the world young men have been doing the same thing, being taught that their system is right. Now we have these two giants still screaming at each "I am right and you can go to hell." And both sides are making bombs instead of houses, killing men instead of educating them. That's a hell of a price for being right, so the leaders must really know something to make those sacrifices.

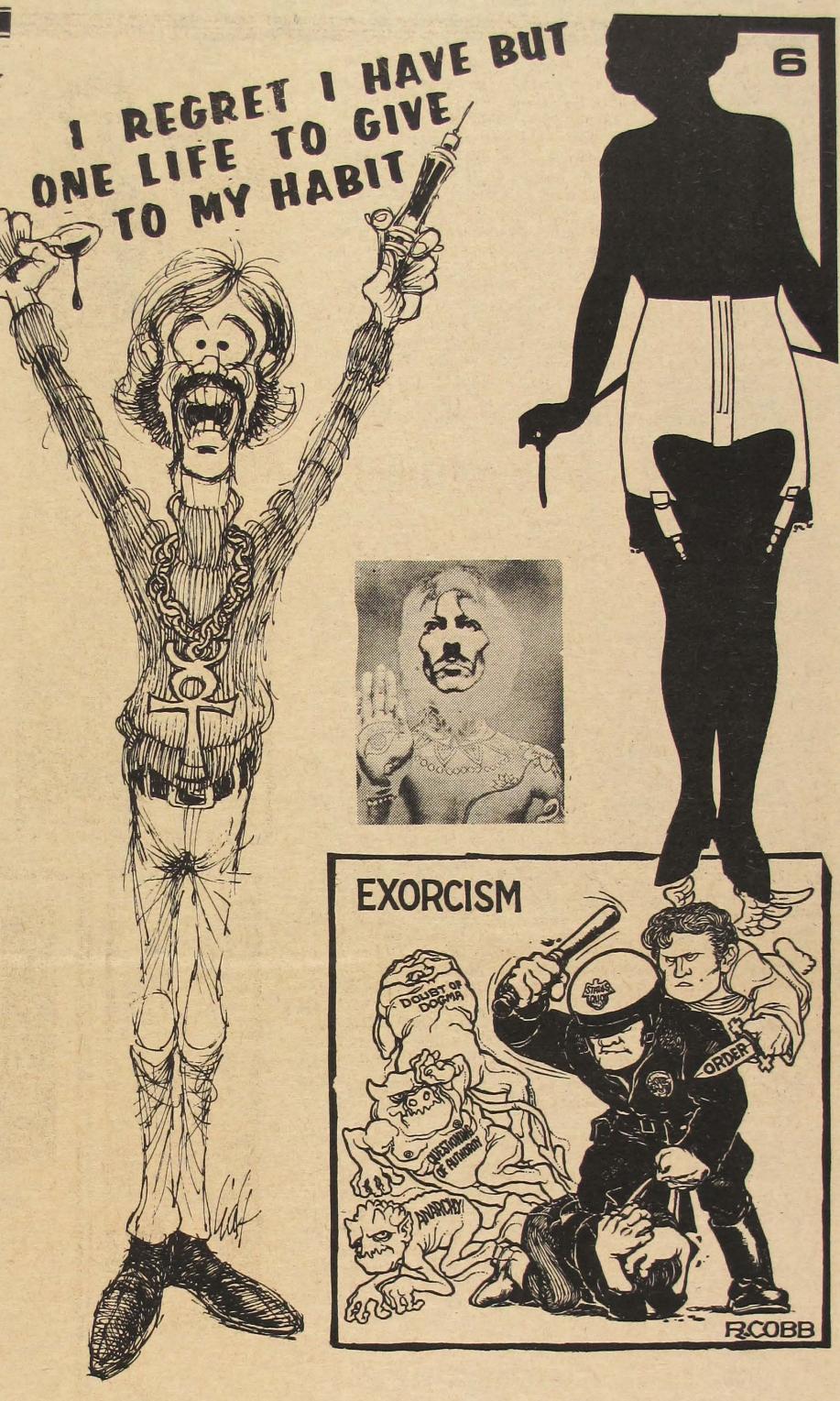
What is it that they know? What are they right about? I just want them to tell us. I'm not really stupid, but it doesn't seem to me that both people can be right, that both can know the truth and then disagree. I think its a cop-out for them to keep fighting instead of putting their heads together and looking for a solution.

If there isn't some common denominator we are going to destroy everybody. I think there is a common denominator, what do you think? You can no longer afford to be lazy because the end of mankind is a reality that can come in a few months or days or hours. The fate of man depends on YOU, right now. Don't tell me you have no time to find an answer. Kosygin and LBJ have an answer that goes under the brand name of Compoz. It seems to me that if they were really interested in the relief of simple nervous tension they would be spending a lot of time together to work things out.

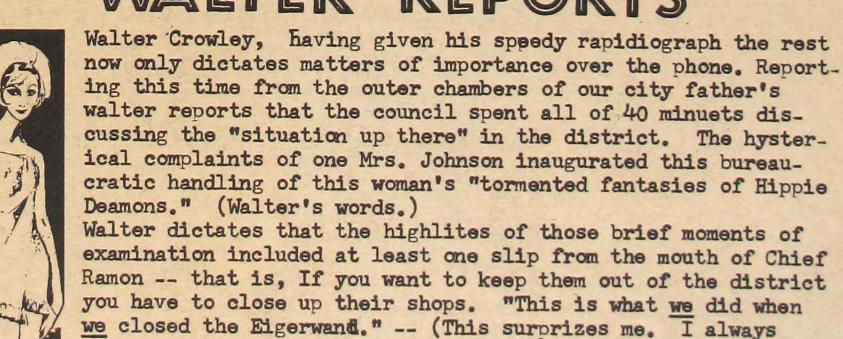
Nothing I just wrote is white. Nothing I just wrote helps find a solution. I've stopped smoking marijuana and listening to records because that doesn't help. Several of us have been racking our brains and really getting high. We were up all night talking and we even tried eating the "it's here" tag on the Stone's album. We know its important that everyone starts thinking a little harder. We've found that there really is white, white strong enough to straighten out this planet, but we need your help.

LOVE, Jack et al





## WALTER REPORTS



forming people." Only five members of the Council were present. Sam Smith. who heads the committee responsible to the matter. said he saw no area for new legislation. "You can't prohibit them from congregating the streets. Actually, Walter noted. the Council seemed to be slightly embarrassed by Mrs. Johnson's whining. (p.s. check this entire dictation for spelling.)

thought it was some contractual problem that closed the Eiger.)

and at least one gross provincialism from the same mouth --

to wit, that the shops "deliberately attract these non-con-

LeRoi Jones, black poet/playwright, was arrested last summer by the Newark police on the charge of carrying a gun. The judge considering Jones' case happened to read one of his poems in the Evergreen Review. "All the stores will open if you/ will say the magic words. The magic words are: Up against the wall motherfucker/ This is a stickup!...Run up and down Broad/ Street niggers, take the shit you want ... / We must make our own world, and we can not do this unless the white man/ is dead ... " In court Judge Knapp quoted the poem and said, "This diabolical prescription to commit murder and to steal and plunder causes one to suspect that you were a participant in...a plot...to burn the city of Newark...You are sick..." Jones interrupted loudly, "Not as sick as you are!" The judge, "... The sentence on your conviction for the unlawful possession of two revolvers... "Jones, "And two poems." "...is that you be confined for not less than two years and six months and pay a fine of \$1000 ... " Jones: "You represent the will of a crumbling structure and I am the free black man ... "

## ZPOET FRAMED?

(LNS) After midnight on July 14, 1967, I and my companions were driving in my station wagon, talking and listening to the radio. As we reached the corner of South Orange Ave., which was on our direct route home, we were stopped by at least two carloads of white-helmeted police with shotguns and several detectives. They advanced on our van; we thought that at most they would check us out, ask for identifications, etc., then let us

We were told to come out of the car. When I opened the door and stepped down, one detective, whom I recognized as having once attended Harrigger High School while I was there, reached up to me, screaming that "we were the bastards" who'd been shooting at them. "Yes," he said, "a blue panel truck." (My station wagon is an olive-green camper bus.) I said that we had not been shooting at anyone. I told the officer that I thought I remembered him from high school -- whereupon he hit me in the face and threw me up against the side of the truck. (The others had also been taken from the truck.)

The detective then began to jab me as hard as he could with his pistol in my stomach, asking, "Where are the guns?" I told him there were no guns. Suddenly it seemed that five or six of the officers surrounded me and began to beat me. I was hit perhaps five times on top of my head by nightsticks, and when I fell, some of the officers went about methodically trying to break my hands, elbows and shoulders. One officer tried to kick me in the groin--and there were many punches thrown. As they beat, they kept calling me, "Animal," and asking me, "Where are the guns?" Inside the wagon, the heating continued. They took us from the wagon and as I was pushed up the stairs at Police Headquarters. an officer called out, "Wait a minute," and then punched me in the pit of the stomach. I fell to the ground clutching my stomach.

Inside the station, Mr Spina (the Police Director) was standing behind the desk. I asked him had he ordered me beaten. He replied, "They got you, didn't they?" -- smiling. An officer then grabbed me, asked me to take my belt off. He ran his hand in my pocket, pulling out my wallet ... later I discovered that the officer had taken about \$65 and a checkbook out of the wallet.

We were taken to City Hospital; I was dragged in and handcuffed in a wheelchair. The "doctors" put eight or nine stitches and on doctor shouted at me: "You're a poet, huh? Well, you won't be writing any poems for a long time now." (At no time were we allowed to make a phone call. At no time were we read our rights.)

We were then taken to police headquarters on Franklin St., fingerprinted and brought into the courtroom and arraigned. The prosecutor asked for \$25,000 bail for me, which the judge allowed. I was taken to Essex County jail and put into solitary confinement, where I remained until I was released. (All motions for lowering the bail were denfied.)

-LeRoi Jones.





### LYRES FOR LEROI

NEW YORK, Jan. 15(LNS) -- Sixteen leading American poets have called for US and European intellectuals to rally to the defense of poet LeRoi Jones. They charge he was framed in his recent conviction for possession of weapons. Following is the text of the poets' statement (more information may be obtained from the Committee On Poetry, Box 582, Stuvvesant Station, New York, N.Y. 10009, phone 212-777-6786):

"We believe LeRoi Jones, not the Newark Police, that the poet carried no revolvers in his car, no revolvers in the car at all; that the police beat Jones up and then had to find a reason, thus found phony guns; and after the double whammy of his beating and rabbit-in-hat guns, his trial before an allwhite jury was triple-whammy. Lo & behold, fourth execrable whammy! -- the Judge recited LeRoi's visionary noem to the court (a butchered version) ... and gave him a long two-and-one-half to three-year sentence because of it.

"Mr. Jones' whitekind is that self-same demon we call tyranny, injustice, dictatorship. As poet he champions the black imagination; as revolutionary poet his revolution is fought with words. He scribes that the police carried the guns. Lyres tell the truth!

"We herald to literary persons: get on the hall for LeRoi Jones, or else get off the poetic pot. Le-Roi Jones is not only a black man, a Mewark man, a revolutionary, he is a conspicuous American artist imprisoned for his noetry during a crisis of authoritarianism in these States.

(6 Jan. 1968) Signed: John Ashoerv, Gregory Corso, Robert Creeley, Diane di Prima, Robert Duncan, Lawrence Ferlinghetti, Allen Ginsberg, Kenneth Koch, Denise Levertov, Michael McClure, Charles Olson, Joel Oppenheimer, Peter Orlovsky, Gil Sorrentino, Philip Whalen, John Wieners.





photo:

Bill

Scott







The Above shows a demonstration in support of Dr. Spock held by Draft Resistance Seattle last Friday at 3rd and Union. All went quietly.





We stand beside the men who have been indited for support of draft resistance. I they are sentenced, we too must be sentenced. If they are imprisoned, we will take their places, and continue to use what means we can to bring this war to an end. We will not stand silently by as our government conducts a criminal war. We will continue to offer support, as we have been doing, to those who refuse to serve in Vietnam, to those indicted men, and to all others who refuse to be passive accomplices in war crimes. The war is illegitimate.

Signed: Rev. Dr. Martin Luther King Linus Pauling Robert AcAfee Brown Howard Zinn Paul Lauter Franz Shurman

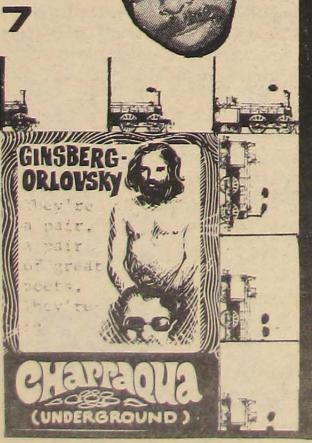
Paul Goodman Noam Chomsky Arthur Waskow Dwight MacDonald Sidney Peck Richard Mumma

The Choice: "Put the Critics in Jail or End the War" This nation now faces a choice: put the critics in jail or end the unjust, tragic war in Vietnam. We believe the Administration is seeking to intimidate and silence the opponents of the war. We predict this effort will fail. Escalation of repression will be met by an escalation of anti-war sentiment among the public

Only an end to the war in Vietnam and redirection of this nation's militarily-oriented foreign policy will halt the confrontation between mounting numbers of citizens and the Administration which, let us recall, was elected in 1964 on a pledge of "no wider war."

THE STUDENT NONVIOLENT COORDINATING COMMITTEE feel that the recent indictments against Dr. Spock and other American citizens who are actively speaking out against the war in Viet Nam represent a move by the U.S. Government to renress all dissenters. We of the Black Community, who for 400 years have known repression from this so-called democratic government, are not surprised....

The hunkie government will never ston us, because we know that from the sweat and blood of martyrs flow the current of the Revolution!



# from • • •

## IMMIGRATION TO CANADA AS AN ALTERNATIVE TO THE DRAFT]

Coming to Canada. An American who is classified 1-A or who has received a notice to report for induction or who has ROTC or the inactive reserves, has no more difficulty immigrating to Canada than any other American. Mericans who immigrate counts be extradited or deported for breaking Scientive Service laws. The crimes that permit extradition are listed in an Extradition.

Act: infractions of the deat laws are not listed.

Landed immigrant status functions who wish to become cities of Canada must apply for landed immigrant status. A landed immigrant is anyone who has been admitted to Canada to permanant residence. After five years the immigrant is a labele for each zenship. An immigrant can work attend school and in general -ry on as would any Canadian sacept he cannot vot tonnot carry a Canadian passport, and can be deported for a corte well-defined offences. Until the implicant because the citizen he is technically an American and can return any though not with safety if the has been including draft evasion.

including draft evasion.

Almost any American can enter Canada disitor status. The border the immigration officer distance where were your and where are you going, and to questions will be asked. Visitor tatu tenits of any more than travel within Canada; if the visitor works, or the canada tend school, he can be deported, adents cannot be extracted or deported for violating Selective service laws. American where the go to school in Canada must apply any trade to the canada tend to go to school in Canada must apply any trade to the canada tend to go to school in Canada must apply any trade to go to school in Canada must apply any trade to go to school in Canada must apply any trade to go to school in Canada must apply any trade to go to school in Canada must apply the school in Canada mus There are two requirements. Firs a letter of acc the school; second, proof that the student will a lic charge. Students can now apply or immigrant scatus to within Canada. Their chances are bast upon graduation. Students can work if this does not interfere with their studies.

How to apply. These are the four most common ways:

(1) By nomination. A person who has a close relative who is a Canadian citizen or landed immigrant lining to Canada is ad mitted easily. The sponsoring relative must submit the application and state that he is willing and able to provide care and maintenance until the immigrant is successfully established. (2) By mail from outside Canada. An application form can be obtained from a Canadian consulate in the U.S. or by writing the Immigration Division of the Department of Manpower and Immigration. Ottawa 2, Ontario. The application is then submitted to the Canadian regional office closest to the place where the applicant wished to settle. If both the application and medical are approved, an applicant is sent a 'Medical Certificate LetThe factors to be used in assessing applicants, and the units factor is worth, are excerpted here from the new Regula-

(a) cation and training, 20 units. One unit for successfully e or of formal education and for each year of profesword ignal, trades training, or apprenticeship. assessment, 15 units. Adaptability, motivation, in-

Sourcefulness and other similar qualities to be aseccuring an interview with Immigration officer. Occupational demand, 15 units. On the basis of information tathered by Immigration on employment opportunities in Canada, its to be sessed according to demand for the occupation the cont w follow in Canada.

occupational skill, 10 units. To be assessed according to the applicant will follow in Canada. possessed by the applicant, irrespective of

ge. I was. Ten units if the applicant is between 18 and but one unit to be deducted for each year of

ployment, 10 units. Ten units if the applicant finite employment in Canada which offers reasonable prospects of continuity. (These points are not given if pp tion is made in Canada; but offers obtained while visiting are counted at the border.)

Kn ledge of French and English, 10 units. Five units for guage the applicant reads, writes and speaks fluently; an imprecise knowledge of either language. 5 units. Where the applicant has a relative in aprepared or unable to sponsor him.

opportunities in the area of destination, 5 unmaximum of five units if the applicant intends to go to area in ada where there is a very strong general demand if the demand is less strong. (Demand in Torstrong.)

immigrant application form. There is a new applithe questions repeat or are similar to the the old form, but 'Why do you wish to migrate?' has been dropped, as have questions on religion and ethnic origin. Two passport photos and as much documentation as possible should accompany the form. These are important questions:

-- How much money will you have on arrival? You should have enough to live on until your first paycheck. \$200 is an adequate minimum with extensive work experience or job offer.

ter of Pre-Examination.' When he presents this at the border he will become a landed immigrant. If a person does not enter Canada within six months of being approved, then he must re-annia There are some drawback to applying by mail. The procedure is lengthy--two months at least, possibly as long as the depending part on the applicant's qualification. Some consulates are staffed by Canadians who have become 'herron zed' and count your draft status against you.

(3) In person from within Canada. Letters and students can now apply for immigrant status from with Canada. Applying from within usually takes from six we see three months to most, but the applicant is not given point credit for a job offer and is not allowed to work until his application has been accepted. School transcripts, letters from former employers, and appreticeship or trade certificates (if applicable) are required from within.

(4) In person at the border. Most Americans will apply directly at the border, or will look for took in Canada as visitors and then go back to a border point to apply. Achieving imagrant status depends partly upon the impression one makes on the interviewing officer (the application form should be filled out beforehand). The applicant must appear clean-cut, self-confident, and stable. If he is accepted he will be given landed immigrant status -- pending medical and must take a medical in Canada within 10 days. In the meantime he can work.

There is one special problem. Several of the border officers have been Americanized. Avoid Detroit, Lake Champlain, and Vancouver and Toronto airports

The 'point' system on October 1, 1967 a series of new p gration Regulations went into effect. The purpose of the new Regulations is to achieve objects by in the selection process. Applicants now qualify for migrant status if they can compile 50 out of 100 assessment units.'

"The new Immigration Regulations, according to Immigration Minister Jean Marchand, 'spell out for the first time the principles involved in selection of immigrants. Whereas in the past an individual would have been rejected on account of a single factor, the new Regulations use a combination of factors in such a way that some of them may compensate for relatively low qualifications in other factors.'

-- Name and address of person in Canada willing to assist. It is not necessary to have this address, but your chances will improve if you do. If you know no one in Canada, write; we'll send you on request the name and address of an adult Canadian genuinely willing to assist.

-- 'Since my 18th birthday, I have been (or still am) a memper of, of acciated with, the following political, social, youth, Lagent, and vocational organizations: There is no reason to believe that anyone connected with American student radical sm would be remed. Canada is a different country.

Pro bited classes, bese cannot come: (1) 'Persons concerning when there are reasonable grounds for believing they are likely to engage in or advacate subversion.' (2) Anyone convicted on narcotics (including marijuana) charges. (3) 'Persons to have been convicted or admit having committed any crime involving moral turpitude.' (1) Prostitutes homosexuals, mentally or physically defective individuals, ind persons 'who are... or are kell to become public cha Applicants who may fall into a well ed lass should co awyers.

To vel from Can see the migrant is drafted he'll pro-bably never be all the count to the U.S. without facing up to five ear in enouncing U.S. cit enship may be a way out write de cor det and As a landed immigrant one can travel on an n passport that you can be extradited from certain countries not England) for breaking the draft laws. A Canadian passport will permit the naturalized draft resister to travel anymbers, including countries 'off-limits' to Americans. The Anti-Draft Programme. This leaflet is a greatly condensed

version of ESCAPE FROM FREEDOM, a comprehensive pamphlet on immigration to Canada. Single copies are 10¢. The pamphlet, further information on many aspects of immigration and Canadian life, and istance are available from the TORONTO ANTI-DRAFT PROGRAMME. 9 Yonge St., Suite 15, Toronto 12, Ontario. Phone: (416) 1-0241. Immigrants heading west should contact the Vancouver

Committee to Aid War Objectors, Box 4231, Vancouver 9, British Columbia. Phone: (604) 738-4612.

# DBIG-TOKONGS: STANDESSAVISIONS

I remember when I first became curious about race; my grandmother told me about black cookies and how George Washington Carver was overdone. Negroes were just like us, only different; George Washington Carver, as I said, was overdone; and there was this difference...

You cannot be a Muslim, hold California office too; You cannot be a Muslim, hold California office too; Might wake up tired of acting, might look for something

The essence of racial identity is projected vision: first the Negro accepted the vision of the white master race and it still influences a part of his head, though in a negative sense. Then the liberals constructed environmental apologies, pointing to the white racist in reassuring contrast; until one day a group of black people were looking at the liberals withering on the patio...and Black began to appear less and less like cultural deprivation, and more and more like an inalienable right--maybe the only secure one.

I'm far too white to understand racial identity except in mechanical terms, or as a sort of distorted projective test: blues about being black and on a chain gang can function as a sort of artificial filter to articulate the formlessness of my own bad-head until I can find some kind of catharsis. For white Americans, black peo-

ple are the ultimate free form ad hoc symbol.

Stokeley Carmichael and Aunt Jemima were invented by a public, non-purient version of the dark, private process which created Lena Horne. Take an in coherent glandular/archtypal image, slap a black photograph over it, and you've created an idiom that puts the whole world back into focus; before you know it, you've hammered out a political platform, stuffed your giant panda with pancakes and had--goodness gracious, talk about wet dreams!

Meanwhile black people are also busy trying on black identities--gonna stomp all over: a. Norman Mailer, b. the executive washroom, c. Detroit, d. other, in a combination rat control and psychic reclamation program. If my identity is not defined by what you say I am, then it must be defined by what I say I am. An example: Since the conditions on the Mississippi chain-gangs have improved, Alan Lomax discovered that where prisoners once knew over fifty songs, now they know only maybe three Muhummad Ali discovered that he had no use whatsoever for white people.

James Brown had a black vision, and changes suits seventeen times a day; Bloomfield, Goldberg, Siegal, Schwall and Butterfield had a black vision, escaped from some strange Brooklyn dental clinic, and swam up and down the Greater Chicago Sewage System learning to play blues. Hearst saw smoke rising from a couple of thousand slum buildings and had a black vision of ghetto violence. The people in the ghettos had been noticing violence for some time, and had a black hallucination about destroyed property being less important than destroyed humans. The Muslims had a dignified vision of black and gave up smoking, crime, drinking, fornication and minishirts. A bunch of British children of working class families had a black vision and gave up the Protestant Reformation.

Our leaders are men of vision--perception is a hallucinogenic, and it is a genetic hallucination which ensures that nothing substantial will be done about the ghetto for another thirty years. Close your eyes very tight, press the heels of your hands against your eyelids, and maybe you can see the black response.



Richard avey

WROTE

THE MUSIC FOR DUBIOUS LOV
ER BLUES, PUBLISHED SEV
ERAL ISSUES AGO.



I WILL BE PLAYING RECORDS ON MY VERY OWN SUNDAY NIGHT SHOW, STARTING AT 10:30 AND ENDING WHEN I DON'T WANT TO HEAR ANY MORE MUSIC, ON KRAB 107.7 ON YOUR FM DIAL. pong ping

poong

There are three phases of meditation which, when perfected ill bring direct experience of Ultimate reality. These are alled Dharna, Dhyana and Samadhi. Dharna is concentration or ocusing the attention on a particular object of meditation. hyana is the state of experiencing the thing meditated up-n. Samadhi is the state of identity or oneness with the hing meditated upon, that is, the condition in which the nower and the object known become one. The combination of 11 three of these processes is called Samyama. Samyama is he state of Meditation in which Dharma, Dhyana and Samadhi re all operating simultaneously.

All beginners and even most experienced meditators to a reater or lesser degree, experience difficulties in meditaion caused by various thoughts, emotions and sensory pereptions which take the attention away from the thing being editated upon and interrupt the continuous flow of concenration. It sometimes seems that the more we fight these disractions and try to overcome them, the more they bother us. he more we fight distractions the more the process of fightng them itself becomes a distraction. To overcome distractons we must stop thinking about them and also stop thinking bout not thinking about them. This can only be accomplished y bringing the attention back to the original process of editation. If the attention wanders again, simply bring it ack to the thing being meditated upon whether that is a ound current, watching the breath, the light in the head, r any of the other meditation techniques mentioned. Keep ringing the attention back as many times as is necessary to ake it stay on the topic of meditation. This is the first ethod.

The second method, which is especially useful when mediating on the I AM principle, is to place the attention on hat consciousness in you which is experiencing the distracting thoughts, emotions and perceptions. By this means he attention is directed back to its source in Pure Conciousness.

The third method is to suspend the breathing process. This ives the attention a new process to dwell on thus removing he attention from the distractions. There is also a connect-on between the psychological state and the breathing patern. By suspending the breathing for a time, distracting odifications of the mind are also suspended.

If these methods are faithfully applied whenever distractons present themselves you will be able to overcome disractions in meditation and attain deeper states.

### observing the breath

The rhythm of man's breathing is the regulator of the low of pranic forces within his being. There is a form of editation which has excellent results in quieting the mind and sensitizing the whole body to the awareness of the viration of spiritual energy. This technique simply consists a observing the process of your breathing without trying to lange it or interfere with it in any way. This practice eliminates distractions of the mind, quiets the emotions and lats the meditator in tune with the inner rhythms and flow forces within the body.

As you intently observe the rhythm of the breathing proess without trying to change it in any way, you will notice nat the breathing naturally tends to become more slow and lythmic until it seems to stop in a steady state of comete relaxation here vou neither breathe in or breathe out. ou will feel that you are increasingly breathing light and lergy through every pore of your body. All restless activiof the emotions and mind will come to a stand still and ou will feel yourself resting or suspended in the presence pure light and consciousness. Do not be afraid of this ate as it will regenerate the entire body, vitality, emoons and mind. Your whole personality nature will be puried and flooded by the light of the Supreme. The body will itomatically breathe again when the cells demand more oxyin. This period of rest and quietude is the suspension in ie ocean of Prana.

### sound current meditation

Go to a quiet place where you will not be disturbed and t in a comfortable meditation posture. Close your eyes and sten in the center of your head with full attention for atever sounds present themselves. Gradually, with practice d concentration, you will begin to hear a steady sound thin the head. It may sound like the roaring of a river, ke a low hum, like the roll of thunder, or like a high stained note of an organ. Keep your attention steadily on



the highest pitch that you can hear. In the beginning the sound may seem to be heard in the right or the left ear. (It should never be listened to in the left ear, however, since this will lead to destructive psychological consequences.) With practice the sound should be centralized in the center of the brain and expanded until it successively includes the whole head, the whole body, the surrounding space and ultimately the whole universe. This sound is perceived directly by the brain and the subtle bodies, and does not come through the physical sense organ of the ears.

By placing your concentration on the sound current you will direct your individual consciousness back to its source in omnipresent cosmic consciousness, creating a complete circuit from cosmic supreme existence, through your personal instrumentality of the subtle bodies back to God or Cosmic Consciousness. The flow of the consciousness through the meditator floods the subtle bodies with light and brings about an automatic burning or transmutation of destructive karmic tendencies within the subtle bodies.

Meditation on the sound current is considered one of the highest forms of meditation and it should be practiced by every serious student of Yoga. This form of meditation is directly related to the highest chakra the Sahasraram of Thousand-petaled Lotus at the top of the head.

The sound current or Nadam is the language of Consciousness. The more you practice meditation on the sound current
the more your mind will be filled with direct intuitive knowledge of truth. This knowledge will manifest as an instantaneous pure concept or knowing which can later be encoded
into language for the sake of communicating it to other people.

### meditation on the light in the head

The Third Eye Center, which is also called the Agna Chakra, is located on the forehead and its root is in the pituitary gland which is in back of the root of the nose or in back of the joint just above the bridge of the nose in the center of the forehead. By concentrating your full attention on this point, you will begin to see a light radiating out through your field of vision from within the head. This light will be faint and flickering at first, but by continued concentration on it, it will grow in steadiness and include the whole body and the space around you. By this practice, the capacity for spiritual vision is developed. The subtle bodies are flooded with light and are purified by

To practice this form of meditation, close your eyes, concentrate on the point in back of the bridge of the nose. While observing your inner field of vision, the light will begin as a point of illumination, which will expand until it includes the entire visual field and little or no empty (black) space is left. With ever increasing absorption in concentration you should observe this field of light and pierce through the center of it with your attention brought to a single point within the center of the visual field. A more intense light on a higher plane of vibration will then burst out from this point and fill the entire visual field again. By repeating this process over and over you will go through veil after veil and experience higher and higher places of vibration, until your being is flooded with the light of God Consciousness.

In the course of this practice you may begin to see the workings of various Chakras of the body, you may see geometrical patterns, thought forms, yantras, scenery, visual memories and other visual phenomenon. This is the contents of the subtle bodies revealing themselves to your awakened spiritual vision. When this faculty of internal vision is highly developed, you will be able to move this visual point of observation to any place within the body or outside the body to which you direct your attention and see exactly what is happening there on whatever rate of vibration you are perceiving. By adjusting the rate of vibration and the point to which the attention is directed, ultimately anything in the universe, on whatever plane of manifestation it exists, can be seen.

### meditation on chakaras

By focusing the attention on any one of the seven chakras within the human body, the flow of energy in that chakra is increased and the physical functions associated with that chakra is increased and the physical functions associated with that chakra are intensified in their activity. This is the inevitable working of the law that wherever attention or consciousness is founded, energy is manifested at that same location as the lower overtone activities of that energy. Consciousness generates energy wherever consciousness is concentrated.

l. Meditation on the Sahasraram chakra in the top of the head or the cerebral cortex, which is also called the Thousand-petaled Lotus, will stimulate those brain activities which the cerebral cortex controls, namely those of higher intuition. The individual self is united with the cosmic self through the activity of this highest chakra which is over ambassador to the infinity of God Consciousness. The activity of will and the sense of pure existence, or I AM, will be increased. This is also the chakra which is particularly associated with the sound current or Nadam and therefore the faculty of clairaudience will be stimulated by meditation on this chakra. The activities of the pineal glang will also be increased. This will make the body more sensitive and receptive to spirituality, it is the doorway to the Infinite.

2. By meditation on the Agna Chakra, which is located on the forehead and related to the pituitary gland and the subcortical areas of the brain, the personality structure is integrated and brought under the control of the will. The light in the head is manifested and the faculty of spiritual sight is developed. The activities of the pituitary gland is stimulated. The hormone which the pituitary gland secretes regulates the other glands in the body, the thyroid, adrenal glands, gonads or sex glands as well as other glandular functions. When the pituitary gland functions fully, the entire glandular system of the body is brought into harmonious balance. When the activity of the Agna Chakra or Third Eye center is awakened the entire body is flooded with light and man is able to see more clearly the spiritual path ahead.

### vishuda chakra

3. Meditation on the throat or Vishuda Chakra stimulates the thyroid gland and increases the spiritual creative vibratory power of the spoken word. The faculty of speech is made more powerful, clear, precise, and meaningful. The artistic and creative faculties of the individual are also stimulated. The throat chakra is intimately related to the practice of Mantra Yoga, the process in which the divine fiat is spoken through man's instrumentality.

4. Meditation on the Heart Chakra stimulates the higher emotions and develops the faculty of Clairsentience, or devine sense of touch whereby you can feel the presence of any object or energy force anywhere in space, within the body or outside of it. Meditation on the heart center floods the subtle bodies with divine love and makes one aware of the flow or pranic forces within the body.

5. Meditation on the Manipura or Solar Plexus chakras will increase the physical etheric magnetism of the individual and will stimulate the metabolic or digestive process. This chakra is related to the astral and emotional levels of vibration. Improper meditation on it can stimulate lower psychic and emotional tendencies. Meditation on the three lowest chakras of the body, namely the Manipura or solar plexus chakra, the Swadhisthana chakra or sacral center, and the Muldara chakra or center at the base of the spine, should be done under the direct guidance of an expert teacher, after the student has achieved a certain degree of inner purification and Yogic control.

### sexual chakras

Otherwise concentration on these chakras below the diaphragm can arouse lower emotional and sexual tendencies which an unprepared person would be unable to cope with. Meditation on the Shasraram, Agna Chakra, and Heart center are the safest and most worthwhile procedures since these centers are the most directly related to the spiritual aspects of man's nature. Meditation on the lower chakras by an unprepared person can lay one open to the influences of undesirable or evil psychic forces.

6. Meditation on the Sacral Center or Swadhisthana Chakra by a properly prepared and instructed Yogi can give control over the sexual forces in the body and increase the physical

vitality.

7. Meditation on the Muladara Chakra at the base of the spine arouses the Kundalini force which can then be raised up through the spinal cord or central nervous system called Shushumna to the Shaasraram. This process vivifies and stimulates all the chakras and greatly influences the regenerative and spiritual power of the Yogi who is successful in properly raising the Kundalini fire. These are matters of advanced Yoga practice and should not concern the beginner.

### last thoughts

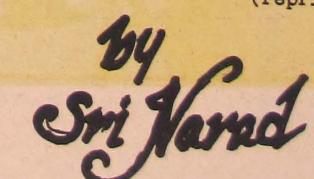
Always be careful to make the last thought in your mind before you go to sleep a positive and spiritually uplifting one. Since this is the last thought to go into the unconscious mind before sleep it acts as a very powerful suggestion, which will continue all night in the deeper levels of mind, while you sleep. Likewise, when you awake in the morningstart your day off with a brief period of meditation and then proceed into your day's activities, operating from the higher level consciousness established in your meditation upon awakening. To facilitate this process, it is often good to read a few pages out of some sacred book or to go through a few mantras either mentally or audibly.

For all people with the exception of high adepts and masters, sleep is a necessary process to regenerate the body and to re-establish equilibrium in the emotional and mental bodies. The principle of consciousness never sleeps, not even in the deepest states of dreamless sleep. If you doubt the truth of this statement, consider that upon arising in the morning you are able to say"I enjoyed deep dreamless sleep." Consciousness had to be awake in order to experience that deep dreamless sleep and thus enable you to say in the morning that you slept soundly. By remaining in the state where consciousness is aware of itself, you can remain in full conscious awareness even while the body rests and all emotional and mental activity is at a stand still. This kind of sleep becomes a meditation.

The point in time just before falling asleep at night and just before waking up in the morning are especially valuable and significant. At these times you are still consciously self aware but the activities of the mind and emotions are still held in abeyance. Because you are conscious, but the attention is unoccupied with any particular thought or perception, you are able to receive intuitive impressions, coming from the higher levels of spiritual consciousness. This state is very much akin to the states achieved in meditation. You should try to make these periods between waking and sleeping longer and longer until it includes the entire time during which you sleep. reprinted from LOS ANGELES ORACLE

# "CLOSE YOUR EYES AND LISTEN TO THE CENTER OF YOUR HEAD"

(reprint from L.A. Oracle)





Liove Song

Orpheus played a lyre didn't blow the flute

cause he had to sing his songs and celebrate the sun

(Helius later named Apollo)
all the way from Akhenaton's Egypt
Was it a mistake

the point down for Euridice charming Charon / Cerberus the three Judges of the Dead and old Hades himself to turn her loope

Ascending toward the sun

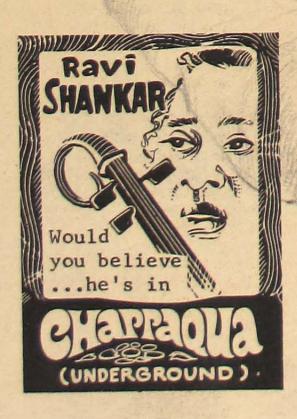
Was it a mistake
looking back
a longing
the heart's way

a spiral trip
the love music
Helix at the center
of the whole works
we're in
a super density at the core
of chromosomes and palaxies
converging
successive births
surround the dying transform

Surround the dying transformations this energy life stuff going on and on passed thru the center of birth and death

Arising on this spiral journey
into light
from the Kingdom of the Dead
Love singing the way to seeing
Heaven opened up
ascending into God-Head
from the dark beginning-ending
past all during
we come and go

- Paul Sawyer



## The Death of an Eagle

He spent his early years
on a branch of Glory's tree
and never left his perchbut had his life
ready-made of porcelain plastic steel and bread.

His wings clipped
his legs banded
his name announced
so that all might be made aware of what he was.
And when he felt,
he felt according to the laws
set down by his hooded forefathers—
and he was not allowed to cry.

Brother Eagle,
plucked by misguided children
and hunted by their parents,
knew nothing but the depressing ar

knew nothing but the depressing art of being a symbol.
Let us kill him!

For after all, what are we but the black-parbed executioners of his master's desire?

Let him die a slow, mediocre death-

Drop by drop
feather after feather
until for all intelligible purposes
he is one with the tree
(like dripping, adhering wax to its mother candle.)

Awareness of what he could have been leaves that after-vomit taste between our tongues and palates, while our palms itch to do the job and do it well.

Kill the eagle.

Kill the dove.

Kill the sparrow and the hen.

Kill the all of everything

and leave nothing,

but you and me and all the other helpless men.

-Mihe Turnsen



ar

## TURNER PARTO

Kafka smiles and the trial goes on. The eleventh thru the thirteenth: three days in which to judge a man. One man? A score or more are on trial: judge, prosecutor, counsel for the defense, the witnesses, the police, a Quaker, a pacifist, a couple of anarchists, a good citizen; the times themselves are on trial, the nature of the state, war, the protest movements, patriotism and the common man, in the persons of the jury.

Wayne Turner, Jr., being heard in Superior Court, Judge Bradford presiding. Fragile and alert, bird like, the judge surveys the court with umblinking eyes; impartial and uminvolved, he confines himself to explaining legal points to the jury and ruling briefly and concisely on motions, all in all a model of judicial probity, competent and uninspired.

The first day is consumed in hearing motions and in jury selection. The charge is too vague and the prosecution is granted a recess in which to rewrite it. The jury panel is brought in and the selection of jurors drags on until 4 in the afternoon. Twelve good men (and women) and true swear to try the defendant without prejudice and upon the merits of the evidence and to render a true verdict.

On the next morning the prosecution opens its case. It is the rerun of a bad tape. Chief witness for the prosecution and their only eyewitness is Louis Scott, an apartment-house manager, upright and unctious, a pious man who peers at his neighbors with binoculars, a solid citizen, a responsible man given to calling the police. He will testify that he watched thru field glasses while Floyd Turner assisted in burning a flag in front of CAMP headquarters on the night of the twelfth of May 6 months before. Two police officers who had arrested Turner on previous occasions will testify that earlier on the same evening they say Turner dragging behind him on the lawn in front of CAMP what appeared to be an American flag. Several cops and one newspaper photographer will testify that they heard Turner brag a week after the event that he had burnt a flag last week and would burn another in the near future. This is the case for the State. This and patriotic bigotry. This and the bizarre character of the defendant and the outre quality of many of the witnesses for the defense.

The trial is an essay in non-communication. Almost all of the witnesses for the defense come from the strange world of protest movements and nonestablishment politics, hipsterism and pacifism. For the juror--the effect must have been much the same as if he had been plucked from his home and dropped into the middle of the Mad Hatter's tea party and then asked to make judgment. Nothing in his experience had prepared him for it.

### PIANO-SMASH

Consider the party at which the flag-burning took nlace. Here is James Halpin's description of it in the now famous Seattle Magazine article. "it was one of the most unusual social events in years, for attending it were people of every political and philosophical viewpoint--hippies passing out flowers and strawberries, Republicans, Democrats, Socialists, Black Power advocates and peaceniks." One of the most memorable events of the evening and one constantly referred to by the witnesses for the defense, was the destruction of a piano, intended to symbolize the wanton and senseless violence of the world. Several of the witnesses for the defense, contradicting the testimony of the respectable Mr. Scott and, in effect, that of the property protectors in blue, are piano-smashers, and a man who smashes a piano obviously is no respector of the proprieties.

Of the two principal witnesses who appear for the defense--the two people who state under oath that they, not Floyd Turner, burned the American flag on that memorable May night, thereby opening the road for their own King County trial--one, Mike Travers, is a graduate student at the Uni(Photos/ F. Denman -- SEATTLE MAG.) Turner versity of Washington and an ardent draft resister and the other. Stan Iverson, is a forty-year

ter and the other, Stan Iverson, is a forty-yearold self-educated cab driver, former Communist and declared Anarchist. Both are articulate. Under questioning Mike states that he asso-

ciates the flag with militarism and war and wants no part of either. His statement is impressive and forceful--if you are sympathetic. If you are hostile I suppose it sounds like dangerous nonsense.

I tell the court that I am an anarchist, that I am an enemy of the state, that I do not feel bound to obey all laws, that there is at least one law that I frequently vio 3 ate, that I burned the flag to ridicule flag fetishism, and that I also associate the flag with narrow nationalism, militarism and war.

At this point in the trial three people have testified that they were direct participants in the flag-burning--Travers, Iverson, and the mysterious dark stranger of the Seattle Mag. article, Cruz--and that Turner was not present and not involved. A number of other witnesses have placed Turner at a different place at the time of the flag incident.

Now comes the question of the character of the defendant, Floyd Wayne Turner, Jr., of malformed imagination and, to say the least, an elusive sense of reality. "Doukhobor" he is called on some parts of Skid Road, and Doukhobor he regards himself. Nervous, exhibitionistic, individualistic, he loves demonstrations. In these, the unnappy and lonely child that is Floyd Turner can play a role. The little dishwasher and quasi-literate laborer can rise above the conditions of his life. He can bid defiance to the impersonal forces which have fallen athwart his life with such crushing force. No demonstrator is more daring than he. All eyes rivet on him as he unfurls a Viet Cong flag, or threatens to take off all his clothes, Doukhobor-fashion, against the menace of the police. And there are always the police. Floyd attracts them like a magnet iron fi-

Floyd lies. He lies habitually and indiscriminately. He lies to such an extent that it is a very real question as to whether he understands the difference between the true and the false in the ordinary sense of those words. Perhaps fictionalize would be a better word for it, for his vision is romantic and his reality far from romantic, and he wanders between the two like a soul lost in limbo. And then there is this: if all of your life you have been so far toward the bottom of the heap that most of your existence has been rain of invisible kicks emanating from forces that you do not so much understand as feel, the lie is one of your few defenses. You lie habitually and as a reflex. All really oppressed peoples have developed fantastic liars.

Comes then Louise Crowley to the stand. A onetime student of anthropology, very bright and enormously able, an anarchist, all of her life rebellious and compassionate, she collects strays, human and animal, mammalian and reptilian like an institution for the preservation of unwanted life. The core of her testimony concerns the character of the strangely alienated and inchoate personality that is Turner. When she first met him four years ago he was totally illiterate and had a speaking vocabulary of about two hundred words. She and George taught him to read and write. (How well can he read--how much can he understand? That's hard to say. Well, could he fill out a job application form? Probably not without help.) The attempts to develop a picture for the jury of what Floyd Turner is actually like. They listen impassively.

### DEFENSE

In a daring maneuver the defense puts Turner himself in the witness chair. No one, including his attorneys, can predict what Floyd will say or do once on the stand. It is an effort to show by demonstration what little credence can be placed on any vainglorious brag he may have during those weeks in May when there was a rash of flag burning across the nation, conservatives were vociferously denouncing the desecrations, and Congress was busy drafting an act to penalize the desecrators. Flag-burning seemed quite the thing for a way-out demonstrator and if you hadn't burned one you might at least say that you did or that you were going to. In putting



Iverson

## STAN IVERSON

Floyd on the stand a great deal will depend on the perception and insight of the jurors. Perhaps too much.

Turner is sworm. Burton guides him gently thru some of the story of his experiences in Seattle, since his first arrival here during the World's Fair, and his relations with the Crowleys, and then, what organizations do you belong to, Floyd? F.: some civil rights organizations, CORE, Snick, the NAACP and some others like SDS and UDM. I've put out leaflets for them. Burton: Are you a member of these organizations, Floyd? F.: Well, no, but I've put out leaflets for them and I know some of the leaders. Burton: What does CORE stand for, Floyd? F.: I don't know. Burton: Do you know what SNCC means? F.: No, but I know what NAACP means, National Association for Colored People. And he doesn't know what SDS and UDM stand for either. The questioning continues, developing a picture of Floyd Turner's prejudices, his sympathies, his ignorance and his knowledgability. At times it is faintly funny, at times a little pathetic, and sometimes embarrassing.

Now Burton says, You heard the testimony of the officers, Floyd. I want you to think very carefully; Did you ever tell anyone that you had burned a flag or that you were going to burn a flag? Floyd, overemphatically: I never told no one nothing of that sort. Burton dwells on the question. Floyd insists that he never told anyone that he had burned a flag but that he had used some big words, some political words, some words he didn't understand but he never, never said that he had burned a flag or was going to burn a flag.

The prosecutor for Carroll's office sums up. He dwells upon the prosecution testimony. Mr. Scott is a respectable man and he saw a flag burned by Floyd Turner. Such a man has no interest in lying. The police officers are sworn upholders of the law, trained men. They know Turner. There can be no question but that they are telling the truth. Against this you have the testimony of the defense witnesses, some of whom admit their willingness to break laws.

Burton summarizes for the defense. He dwells but briefly upon questions of fact. The testimony would seem to establish the facts pretty well. He will not insult the intelligence of the jurors by recapitulating the testimony. Possibly he should have. He speaks of the act of flag-burning, of the intrinsic harmlessness of it, of the right to express one's self--freedom of expression arguments

### REBUTTAL

In the rebuttal the prosecutor strikes a new and strident tone. The flag does not just stand for war and militarism. It stands for country and justice. It is on display in this very courtroom as a symbol of the American processes of justice. There can be no doubt that sometime in the course of the evening of May the twelfth Floyd Turner burned an American flag. The defense says that the prosecution has been unable to produce a single witness from the party who saw Floyd Turner burn a flag. There is too much disloyalty being expressed in the nation. Turner is the kind of person who would burn a flag. He undoubtedly did burn a flag. He should be convicted.

One hour and fifteen minutes after the jury is sent out to deliberate it returns a verdict of guilty.

American justice has been tested and has faltered, possibly failed. The jurors have been wanting in their humanity—the human duty. The country prosecutor's, Mr. Carroll's, office has been saved political embarrassment. Floyd continues to be the victum of judicial as well as social injustice.

His trial will continue. His case will be appealed; the constitutional question will be raised.

It is one trial in a life of trials. Franz Kafka smiles.

13

# > > > > > How To Grow Psilocybe Mushrooms

t is important in working with fungi, to use "pure-culture technic" to prevent the fungi one is working with from becoming contaminated with unwanted airborne fungi. This pure-culture technic is easily acquired by reading the chapter(s) devoted to it in any introductory bacteriology laboratory manual. Better yet, anyone who has had a course in bacteriology can easily demonstrate the technic of transfering the fungi and making the necessary "inoculating loop" which is used to transfer the fungi from one tube or bottle to another, without getting the material contaminated.

The careful handling of the fungi Psilocybe is most important, as the Psilocybe are easily overgrown and ruined by the more rapidly growing molds present

in the natural environment.

The material on which the fungi is grown is called the "medium" or "media." Preparation of the medium varies somewhat according to the kind used. but in general the procedure is the same. Briefly, the ingredients are weighed (great accuracy is not generally required), dissolved in the required amount of distilled water and distributed into containers for sterilizing. The use of pint or quart fruit-jars, with the jar mouth covered with heavy gauge aluminum foil, is adequate.

Inasmuch as media are prepared to grow the fungi in pure culture, all microorganisms, other than the one to be grown, must be excluded. This makes it necessary to sterilize the medium before using it, to kill any bacteria or fungus spores which are present in the medium or on the glassware. Sterilization is accomplished by placing the containers with medium into a pressure cooker, preferably the canning type with pressure gague, and sterilizing (called "autoclaving") for 15 to 20 minutes at 250 degrees F. Allow the pressure cooker to come down in pressure very slowly, or the medium will boil over.

Quart fruit jars should not be filled with more than 2 cups of any medium used, the pint jars not

over 3/4 cup.

Media which contain sugar (glucose, sucrose, maltose, etc.) may carmelize somewhat if heating is continued beyond 20 min. at 250 degrees F. This carmelization may be toxic to the fungi and they will fail to grow, or will grow but little or no psilocybin will be produced.

After preparation and sterilization, it is well to leave the media at room temperature for about 3 days without opening them, as a check to see if

the medium is really sterile. If any growth of fungi occurs, or a film of bacteria forms across the medium (usually easily seen and smelled!), the sterilizing process is not enough. In the latter case, discard the medium. No medium can satisfactorily be re-sterilized for culturing Psilocybe.

In order to have the medium on which to maintain the fungi over long periods of time, it is well to prepare some tubes of medium which contain agar as a solidifying agent. The most satisfactory tubes are those about 6" long and 1/2" in diameter, with screw caps having rubber liners (obtainable from any lab supply source). Fill the tubes 1/3 full of the agar medium (after melting the agar - see formulae), sterilize, cool to room temperature to solidify the agar. Inoculate the fungi INTO the agar with the sterilized inoculating loop, as required by pure-culture technic. These tubes are held at room temperature for a few days - even a week - or until there is a growth of the fungi over the surface. The caps are screwed down tight, and the cultures are stored at retrigerator temperature. This constitutes your "stock cultures," and is the source for inoculating larger quantities of medium. The use of stock cultures ensures a constant supply of viable, uncontaminated culture material. The Psilocybe will keep up to a year at refrigerator temperature, without being transferred to new medium.

The larger bottles of medium are inoculated with a small amount of the whitish thread of the fungi (the "threads" are called "mycelium"), using careful pure-culture technic. Leave the cultures at room temperature - about 70 to 75 degrees F. This is easily maintained if one has a cellar; or one may have a refrigerator man put a thermostat in an ordinary refrigerator so as to maintain the needed temperature range. The Psilocybe fungi will grow at a higher temperature, but psilocybin production

will be low, or none.

It is not necessary to obtain the mushroom form of the fungi (called fruiting-bodies, or carpophores), in order to have psilocybin produced. The mycelium contains as much as the fruiting-bodies. When the mushroom threads have grown in the medium for about 10 to 12 days,(\*) they should be harvested. Scientifically, harvesting is done just about 4 days after the last of the sugar has been used by the fungi. Harvesting is done by removing the medium; liquid medium by filtering through flannel and keeping

the mycelium mat, solid medium by simply removing the mycelial mat.

The mycelium, which may be a gooey mess, is dried at very low heat (not over 200 degrees F. - in an oven with the door slightly ajar). Powder the dried material. The powder may be extracted by soaking in methanol (wood alcohol - POISON, DANGER!), filtering and evaporating the liquid with low heat. DO THIS IS A VENTILATED ROOM AND BE SURE ALL METHANOL IS GONE.

There will be psilocybin in the medium also, but it is generally in small amount and not worth the effort to extract it.

The above procedures may seem complicated, but after a few tries, it is rather straightforward. Psilocybin production is dependent upon a lot of factors which are not all known. There is no way but trial and error in developing media and methods!

PSILOCYBE CUBENSIS grows and fruits readily on the potato dextrose yeast (PDY) agar or on sterilized grain such as rye. PSILOCYBE MEXICANA grows and fruits on PDY agar or liquid, but not on rye.

For illustrations of the fruiting-bodies (carpophores) of PS. MEXICANA see COMPT. REND. ACAD. SCI. 246: 1346 - 1351 (1958). See also EXPERIENTIA 14: 107 (1958) for extraction method.

The Keller-Reagent may be used to test for alkaloids if desired. The Keller-Reagent is Ferric chloride in glacial acetic acid. See the U.S. Pharmacopea. The reagent is not specific for psilocybin, however, and is only a qualitative test.

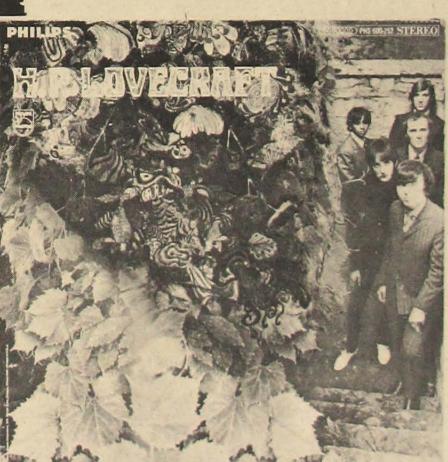
(cont. page 15)











BURTON

**AUTOSALVAGE** 

LOVECRAFT



OF MUSIC

NOW AVAILABLE AT WAREHOUSE OF MUSIC jews harp, bruce jaw harp humanatone (No se), see birl that m bones, hum-a-zoo, blues har acd g

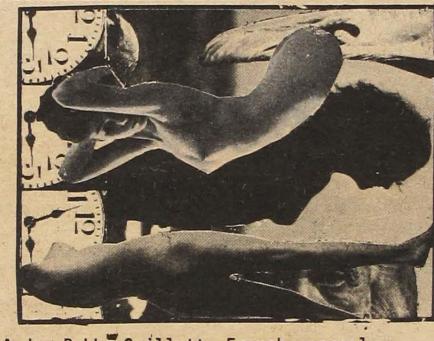


One of the major concerns of modern theater has been the "distance" between the audience and the dramatic action be it spatial or ambietn. Stage designers have wracked their architectonic brains in an effort to eliminate the weight proscenium frame and environmentalize standard theaters, resulting in huge vaulting stages with varieties of wierd thrusts and levels. Directors have staged plays with scenes calling for the actors to run amidst the audience, touch them, yell at them, enter from behind and die in the aisles. Oddly enough, the most exciting play of this year (Marat-Sade directed by Peter Brook) avoided these self-conscious tricks and took full advantage of the audienceactor separation inherent in any stage performance by literally barring the audience from the stage and caging the actors.

In an effort to free theaterical events from the highly structured unified program of a written play, some groups, principally The Living Theatre and the Actors Workshop, compose plays with taperecorders. Scenes and sketches are developed extemporaneously, charactitures are formed, roles assumed, dropped, comic skits evolve on their own with no direction. The actors then go over the tapes developing the best moments hoping to somehow recreate on stage the spontaneity of their improvisations. Viet Rock by Meagon Terry was constructed in this manner. This method leaves the actor free from predetermined lines as such, and if the actors are exceptionaly quick and sensitive to changes it can lead to tremendously alive electric performances. However, it too often degenerates into nervous repetitive rapping or to sense without dramatice tension or interest. What seems exciting when created on the spot becomes incredibly weak and uninteresting when performed night after night.

The Ensemble Theater, working with little more than an oddly shaped rectangular room and a surplus of enthusiasim guided by Dale Meador, manages to bridge the gap between the audience and the actor much more successfully than all the well-financed efforts of the Rep or the Off Center. One sign of this: that the audience does not quite know when each scene has ended and when they should applaud. Many scenes are followed by that painful silence as everyone wonders if the silence is part of the experience and only a fool would applaude. On the whole this contact with the audience is accomplished by the intimate structures of the theatre and the deft timing of Meador's direction.

The present production at the Ensemble consists of scenes worked up previously by the company and presented with a minimal amount of free development on stage. The first scene is a showcase for Meador as he plays almost the entire town of Benefit Ala



Andre Robbe-Grillett, French neorealist, author of "The Last Year at Marienbad" has written a murder mystery ignoring all subjective emotional factors, reproducing them by hyperconcious manipulation of details. Andre Robbe-Grillet, French neorealist, author of "The Voyeur" has written a murder mystery ignoring all demands of the real space time continum, replacing it with the hallucinated hyperemotional adrenaline time of pure fright. Andre Robbe-Grillet-, Oriental sensualist, author of "The Dog on a Leash", has written a fetishist manual, duplicating the morphine haze of an addict/pornographer strung out, isolated dreaming in Macao. Andre Robbe-Grillett, Andalusian dog, author of "Naked Chinese Girl with a Naked Needle In Her Arm Lying On A Rented Bed In Hong Kong Appears In An Illustrated Swiss Anti-Drug Leaflet And Kills The Addict Experimenter With A Dog's Tooth." Robbe-Grillett unwinds time, spins fact-webs dream-plot dream-not realities of death sex drug hallways doors back alley Hong Kong prostitute's dance in the Blue Villa while Lady Ava asks (Would you like some Champagne?), while Lady Eva asks (would you like some champagne), while Lady addict asks (would you like a dog's tooth in the hallway of opium deathweb back alley Hong Kong naked Eve Japanese call girl walks the leash past the addict's/experimental door. Repetitive codine chandelier ampoule breaks the dancers shatter lifting Champagne at the Blue Villa. Andre Robbe-Grillet has written a murder mystery Maison de Rendevous which takes place in Macao, in Hong Kong, on the death bed of heroinhead Lady Ave, in the mind of Perverted Morhpine Grower Ralph Johnson, on the sheets of the Rented Bed, in the reflection in the drop at the end of the needle, in the broken champagne glass descending on the neck of the addict/por-

portraying their responses to a nude hippy happening (left to the imagination, in the off stage of the audiences mind.) Another m scene evolves haphazardly from The Reconstruction through various racial and sentimental antiwar themes, into an inflated trite pseudo climax, and out by way of a beautiful scene between a lecherous employer and a nervous, always-talking pantie wetting prospective secretary.

The Improvisations use the formula popular with Elaine May and Mike Nicols. The audience suggest first and last lines. The cast confers, Meador hands out roles. The first line is given and what evolves is up to the actors. This format is challenging and the Ensemble company invented several scenes that were exciting and bizarre. Given the lines "Matter does not exist" and "I didn't think that it would go this far" the actors became a man and woman on a clock face circling each other, pursuing each other, avoiding, confronting, questioning, testing. ending with the man in the center withdrawn behind a mask, the woman screaming, "I didn't think..." Some of the other scenes: a Negro woman and child, the newly-weds arrive, the slob and bitchy wife, Hippy Harrys Kiddy showsome are genuinely funny, some become tedious and belabored for a moment, then blossom into unique, exciting creations.

The last scene is the quiet, powerfully sentimental meeting of a clown and a world weary woman. An exacting pantomine carried off by Meador's sense of timing and a precise body control remeniscent of the techniques of Japanese Noh theater.



## MUSHROOMS CONT. fm P.14

(\*) This time is the most variable factor in obtaining maximum yield of psilocybin. Trial and error under individual conditions of growth is necessary to standardize the yield. Keeping careful records of medium used, how prepared, and temperature and time, will allow one to improve the yield with practice.

POTATO DEXTROSE YEAST AGAR Wash 250 grams potatoes, (do not peel). Slice 1/8 inch thick

Wash with tap water until the water is clear Drain, rinse with distilled water

Cover with distilled water and cook until tender Drain liquid through flannel cloth or several thicknesses of cheesecloth into a flask or jar. Rinse potatoes once or twice with a little distilled water

Keep liquid and throw potatoes away - add enough distilled water to make up one liter of liquid Bring liquid to a boil and add:

15 grams of agar - stir until dissolved (watch carefully or it will boil over - best to use

an open stainless steel pan) 10 grams of dextrose

1.5 grams of yeast extract While liquid is hot, distribute into desired containers Autoclave for 15 minutes at 250 degrees F. (about 15 lbs. pressure)

PDY broth is made in the same way, omitting the agar.



The great

of all

time

cruises

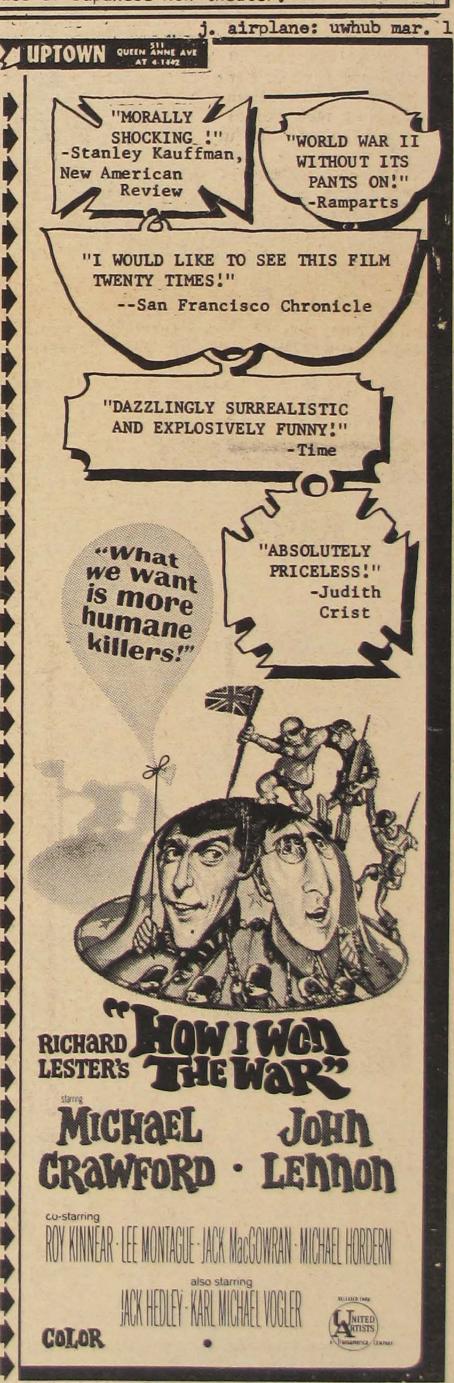
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Soul Hippie











16

## POP - CYCLE

Last weekend two of our times finer arbiters of pop taste visited Seattle for one quick evening of pop cycling: a circuitous visiting of the Eagles, the Happening and the S.F. Sound.

The Two: Ed Denson--manager of Country Joe and the Fish, sometime columnist for the Berkeley Barb, Helix Office Totem, and one of the truly beautiful people...

Sam Charters--pop producer for Vanguard Records, author of among other things the Social History of New York Jazz, and some 1379 or so of the most entertaining yet scholarly back-jacket little essays ever written (most of them on Folkways), poet and poetaster, and present master of gamesmanship and the cosmic laugh.

Sam knew the Happening from the early 50's when he came south from Alaska in mid-July attired in arctic parka and bolt-action rifle. Then the Happening was a dive and so you left your rifle at the door. Now the Happening is the place in Seattle where the aspiring Jet-Set (quick and cool over 18) can test its flight-fantasies in an environment of semi-hip paisley-lit titilations. Sam had come to hear local bands for possible recording on the Vanguard label. The Magic Fern was one of these. He murmured something about "second-rate S.F. bands" and left near the end of the first set.

At the Eagles The Dead were meandering through its second set while Sam wandered through the scene and decided there was one...unlike Pittsburg, Houston, Richmond Virginia and the fast deteriorating S.F. (That means Vanguard will now spend more energy promoting its excellent list in the Seattle area).

Anxious to see to what extent the Dead would be a drain on the San Francisco Sound we visited the latter last. Attendance at the Sound is always in flux. Two weeks before some 500 filled the floor...dancing. Last weekend there were perhaps 50... mostly sitting. (It is our hope that the S.F. Sound's excellent dance facilities

Bill Scott

# STING

## AND THE DEAD

Due to city laws prohibiting juveniles dancing and small attendance at Eagles auditorium, Boyd Grafmyre has been sponsoring concerts. People have been setting on overcrowded floors, until last weekend. The Dead and Quicksilver came from San Francisco, home of free souls, and they don't take laws seriously. Friday night Jerry Garcia told the audience to vote no on politics and dance. A few did and weren't

stopped.

Saturday was only slightly different. The Dead started their set with Love Light, a hard pounding song, in an attempt to move the audience. A few moved. In walked the license inspectors. Boyd asked the Quick to tell the audience to stop, and when they refused he explained the situation himself. We stopped. For about two songs. The inspectors left, the Dead came back on, and dancers danced. Nobody cared. Nobody really wants to stop dancing, but nobody wants to fight City Hall to change the law. So if the spirit to dance strikes you, do, in public, private, even at Eagles. But if you go to Eagles take your own toilet paper, because when that urge hits you, you will discover they don't supply it.

SCOTT WHITE

will be made better use of and that some of its internal problems will cool.)

Then having forsaken dope we bought a case and drank ourselves to sleep.

### CONEY ISLAND OF THE VISCERA: THE QUICKSILVER AND DEAD RIDE

Friday night: the concert was easily the finest I've ever seen at the Eagle's. The Quicksilver Messenger Service took the first set, started off tight and completely together; and by the time they got into--Smokestack Lightning?--some old Howlin' Wold anthem, I could feel my incisors vibrate. By the end of the set, they were so close that they seemed to be telepathic. The light show, by Headlights out of SF, was totally in sight, having almost the same protean cartoon quality that you sometimes get when you close your eyes during the Magic Moments...

The Dead's first set, though very good, was cut short when one of the two drummers put his foot (I think) through his bass drum. While Quicksilver was setting up, someone ran a very strange, funny silent movie collage--sort of a linear light show.

Throughout the evening, both the Dead and Quicksilver kept urging people to dance; but with very few exceptions everyone just sat on the floor and was subdued. Even the applause was rather mild, considering what was happening on the stage.

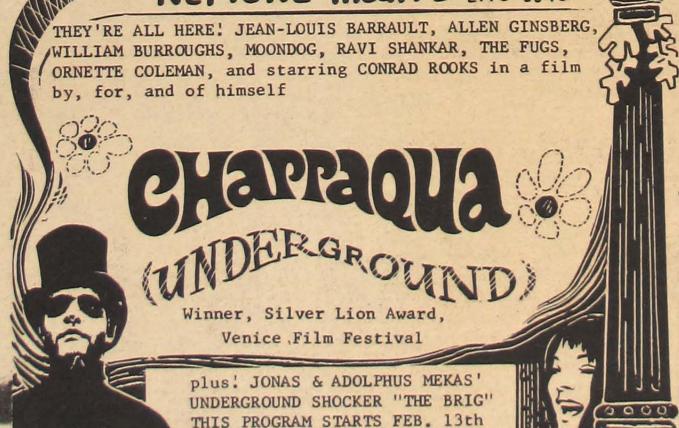
If more of the young people in the Puget Sound area had the opportunity to be exposed to such worthwhile music, we wouldn't have all this damn trouble with juvenile delinquents and war protestors.

jc



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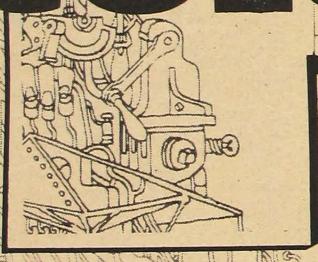


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I'm driving to Mexico Feb. 6th. Return by the 13th. Want rider to share expenses. Greg Teslovick EA9-3055.

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### CONCERTS

CHARLES LLOYD-Eagle's Aud. with light show by Retina Circus and sitar group, The Shymadas, 8-midnight. Tickets \$3.00. MANCE LIPSCOMB-Presented by Seattle Folklore Society, FEB. 2-3, 8pm. Friends' Center, 4001 9th NE. Tickets at Discount Records. Adults \$2, Students \$1.50, Under 12 \$1. JDUY COLLINS-Seattle Arena, FEB. 3, 8:30pm. Tickets \$2, \$2.75, \$3.50 and \$4.00 at Bon Marche. COLLEGIUN MUSEUM-(works by Vivaldi, Rameau, Marais and others) HUB Aud. FEB. 3 8:00 pm FREE THE CONTEMPORARY GROUP-(directed by William O. Smith and Robert Suderburg; works by Kenneth Benshoof, James Beale, Kraft and Martino) HUB Aud. 3:30pm FEB. 4 FREE THE FUGS-Eagle's Auditorium, 7th and Union. Lights by Retina Cir-

cus. GEB9-10, 8-midnight. Tickets

BELA SIKI-(Fantasia and Sonata in C Minor, Mozart; Beethoven's Waldstein Sonata; and Chopin's/ four ballets) HUB Aud. FEB. 9, 8:00 pm. Tickets \$1.00, Students, \$.50. UNIVERSITY WIND SINEONIETTA (Spectrum, fro tape recorder and winds Herbert Bielawa; Apocalyptica, George Rodhberg) HUB Aud. FEB. 14 8:00pm FREE

CHARLES LLOYD-HUB Ballroom, FEB. 15 8:00pm. Sponsored by the University Jazz Society. SCHOLARSHIP CONCERT(Eva Heinitz, cello and Stanley Chapple, piano) - HUB Aud. FEB. 16, 8:00 pm. \$1.00, Student,

\$.50. LAURINDO ALMETDA(Flamenco guitarist) - Moore Theatre. FEB. 17, 8:30pm. \$2.50-\$4:50 Bon Marche.

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WILD STRAWBERRIES-Unitarian

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FEB. 2, 8:00pm FREE A CONTEMPORARY THEATRE (A.C.T.)-709 - 1st Ave. W. The Nomura Kyogen Theatre Troupe of Tokyo. FEB 1st and 8th TIED TO A POLE. THE FOX AND THE TRAPPER, TUG OF WAR; FEB. 3rd and 10th THE CRAB AND THE MOUNTAIN PRIEST, TWO FEUDAL LORDS, THE MONKEY AND THE QUIVER; FEB. 2nd and 9 9th BUSU, THE SICKLE AND IN-JURED PRIDE, TUG OF WAR. 8:30pm Tickets: \$3.00 and \$4.00 at lectures and Concerts, Bon Marche, HUB. All seats reserved. CIRQUE PLAYHOUSE-3406 E. Union. THE ODD COUPLE thru FEB. 10. GEORGE WASHINGTON SLEPT HERE following. Both by Neil Simon. Tuesdays 7:30, Wednesday-Saturday 8:30. Tickets: \$2.50

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THE HAPPENING-FEB. 2 The Bumps and The Bards, 8:30-1:30, \$3.00; FEB. 3, The Light and The Sonics, Same as above; FEB. 4 The City Zu 8:30-12:00, \$2.50.

ENSEMBLE THEATRE-107 Occidental FILM ON NAPALM-Unitarian Church, 6556 35th NE. FEB. 2, 8pm. Fol-Ave. S. LOVE OR SOMETHING LIKE Tickets \$2.00 8pm. Adults \$1. Students \$.75. EDGEMONT'S DIRECTOR'S FESTIVAL-CITIZEN KANE-FEB. 3-4, THE BLUE ANGEL-FEB. 5-7, THE VIRGIN SPRING-FEB. 8-9, WILD STRAWBERRIES-FEB. 10-11, SMILES OF A SUMMER NIGHT-FEB. 12-14, RULES OF THE GAME-FEB. 15-16, LE BONHEUR-FEB. 17-Call MA 4-6755 for times. OUR MOTHER'S HOUSE-and the Jokers. The Neptune, 1303 E. 45th. 6 and

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CHARLES LLOYD QUARTET: see Concerts THE PENTHOUSE-1st Ave. and Cherry Dizzy Gillespie thru FEB. 3, Jimmy Witherspoon FEB. 8-17. (Saturdays 4-6pm \$.50-\$1.00.) D.J.'s-2212 - 4th, Cannonball Adderly Quintet, FEB. 27-March 3. B MR. P.'s-85th and 15th NW Sarce West Trio. FIFTH AMENDMENT-620 Union. Bill

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